Lester Levenson 164mp3 part 2 of 3

[Speaker 1] (0:00 - 30:07)

The whole thing is very simple. Thou art that, here and now. Remove the covering of the ego.

Let go of the ego. And when the ego is completely gone, the only thing left is the infinite self. Where the ego rises not, there is the self.

So in everyday life, as we meet people, situations, every time we see something we don't like, we should turn within. See it within ourselves, let go of it. Now this will not clear us in one day or one week, because there's an awful lot to be cleared.

We have developed for many lifetimes ego attachments and desires. And they don't go in one or two days. When we start letting go of the ego, it appears sometimes as though the ego is getting stronger and stronger, and bigger and bigger.

That's not true. It'll never get any bigger than it is right now. What happens is that, as we let go of it, more of it presents itself to us.

We are looking at it more, and it appears sometimes as though the ego is getting bigger. Actually we're just facing up to more of it that was there all the time. Looking away from ego does not dissolve it.

It just remains there. Until the time comes that we are forced to let go of it. So daily, right through the entire day, if we would just look at the world, and realize that we are seeing it through our own eyes, through our own consciousness, through our own understanding, that what we see out there is nothing but ourselves, this can affect a rapid positive growth that will show results immediately.

The first week you'll feel better. And as you keep doing it, you'll get lighter and lighter and lighter. Happiness will get more and more and more.

Sorrow will get less and less. But the main warning I give you is don't expect it overnight. And if the ego appears to loom up larger, it's only because you're facing it.

Whereas before you were looking away from it. Nancy just asked, well, how do you do it? Well, you see someone out there who's trying to be the life of the party, the number one.

You don't like it. I'm taking a very obvious thing. If we don't like the other one trying to be the number one, it's only because we want to be the number one.

All right, so what do we do? You have to go within and look for it and stay with it until you see it. If you will go within, meditate on it, quiet your mind, the answer will always come.

You will see why, yes, I too want to be the number one. And I was resentful because the other one was trying to be the number one. And then when you see that you want to be the number one, say to yourself, this I must let go of.

With a wish to let go. And just by the wish to let go, you are letting go of a bit of ego. There are no better lessons than those we get from our family.

We find family the best means of growing. And the main reason for that is that we choose our parents and we choose parents who have similar characteristics to our own. And so there is always a to and fro between parent and child because of this.

Parents are telling the children what to do and the children are fighting right back, up and back, up and back, all the time. Most of the time the parent and child are together. There is a constant to and fro on the thing we are talking about.

Because we have it in ourselves, we see it in our parent or we see it in our child. And they see it in us. Which causes quite a lot of friction.

Now that can be the opposite relationship too. We can have an ego lift if our parent has the things that we like. If parent and child are together on something that they both agree on then there is a relation, a support of the ego going on all the time.

That's possible also. Now ego the same way it goes down on rebuff goes up on phrase. So we should look for two ways.

And remember anything that can be lifted by words of phrase can be as quickly dropped by the opposite word. The state that we want to attain to is one of equanimity where we are always happy. Where our happiness does not depend upon things and people outside of ourselves.

The real happiness with a capital H is our natural state and is independent of people and things. Anytime it's dependent upon anything outside of ourselves it's an ego pleasure which must necessarily have an ego pain after it. And yet all joy that we feel in this world is only the feeling of the self more or less.

Even though we attribute it to someone or something outside that feeling of joy that we feel is nothing but the self. And so I say all joy that we feel has its source in the self. And all misery that we feel has its source in the ego.

And there's another way of letting go of ego. Every time we feel unhappy look for the ego motivation. There's something we want and we're frustrated and we're unhappy.

Seek the ego source you see it, you automatically let go of it and you feel happy again. Another way of saying it is there's nothing out there but our consciousness. Whatever we see wrong out there the moat is in our eye.

A master sees nothing but perfection in you, in every one and in everything. If he says otherwise he's just talking for the benefit of the hearer in order to communicate. There is only the truth.

The absolute eternal infinite unlimited joy omniscience, omnipresent all glorious. That's all there is in truth. Anything other than that is a falsity the appearance the delusion, the Maya.

So what you ask is well isn't this Maya true? So the only thing I can say is no it isn't. See the truth and you'll see that everything is absolutely perfect.

Everyone is trying to return to the full self to let go of their ego. Some of us make errors in that direction by going further into an ego direction we get more and more apparently in trouble. And it's an apparency.

Until the apparency gets so difficult we start looking in the other direction. If you want to know light don't look at the darkness. If you want to know truth good don't see evil.

Ego is the sense of separation from the all. Before we got ourselves into this apparent delusion we were that infinite being that we are now seeking. Through some quirk and beingness we decided to play a game.

Really a game of limitation. We decided to be just a little limited. Now in order to be that way we had to move away from the all.

The all is unlimited. And so we drew a wide circle around us. We were nearly unlimited at that moment.

And then we wanted to play with the feeling of becoming unlimited again. But when we started that direction we fell into a trap. In the game of limitation instead of going back to the unlimited we went further and drew a less wide circle around ourselves and became more limited and tried to get out of that.

We kept doing that and the main divisions of it is first we were what is called a causal body. We created a body to be separate in. And in the causal body it's the realm of ideation to us now.

The realm of ideas. And in that causal body the moment we had an idea it was completely fulfilled. It's almost like hurting yourself and stopping and say gee that feels good.

You create a little separation and it feels good to go toward the all each time. So we first created the causal body and the moment we had an idea a thought, a wish it was immediately fulfilled. Then we tried playing more limited through a through an astral body which to those of us who are now in the physical is a heavenly life in the astral

body whatever you think is immediately affected.

We're not limited by time then. Then we moved from the astral into the physical which is the slowest, the most dense realm possible to any being in the universe. This is the lowest state possible the physical.

There's only one possibility of going lower and that's lower in the physical. But the physical state is the lowest state. This is the deadest state that's possible unto us.

When you know this you'll never fear death because death feels like a wonderful freeing. It's a tremendous experience after you do it, not before. Because before we think we are nothing but this body and when this body goes we go.

And even the pain in death is not nearly as much as the pain you suffer through life. You have migraine headache and diseases and mental agonies with families and heartbreaks and love. That's more severe than dying at death because dying at death generally is just a pain for a moment and then this tremendous feeling of freedom.

So we came down to this most limited and densest state called the physical. And now all of us are on the way back. And there's no question about that.

We're in a period of the world that is relatively low in vibration. Very difficult, very physical. And those of us who are on the path are definitely on the way out because if we can get the right direction in this morass of livingness as it is today it's because we started on this a long time ago and we're continuing it in spite of the world, so to speak.

And we can go from the physical we can graduate get our wings and fly off into the astral. And you can spend far more millenniums in the astral than you do here because it's an easier way of life. And then we can graduate into the causal.

But if you understand what the ego is you can go all the way from the lowest realm that we are in now back to the highest by eliminating the ego sense. When we lose all of our ego sense we are fully realized. We go all the way.

We return to being the all. The opportunity the opportunity to do this exists more in this realm than any other realm because it is so difficult that the incentive is greatest in this realm. As life gets easier the incentive to grow gets less.

But when you think you are not going to eat and the whole world is going to collapse on you and so forth and you have a sick body and all these troubles you have a tremendous incentive to get out of that. And the incentive being so much stronger in this realm it's possible to transcend all the realms and go right back to the one of the all. So this sense of egoity is very basic and very important.

It's the start of all trouble and letting go of it is the elimination of all trouble. It's the

sense of not being the all. Not being that God which we are.

And if you're not the all there's something missing and you're trying to get it. First a hundred dollars, then a thousand then a million, then a billion, then the earth then the moon, then the solar system, then the galaxy until you wake up to the fact that everything you're trying to get you are. Once you see that there's nothing to be gotten anymore you are it.

It's really a joke when you see the overall picture of how people struggle to get tiny bits of what they are. So every time you see something wrong in the world look upon it as a mirror and that's all it is. It's reflecting to you your consciousness and if you accept this you can use it.

To undo your ego. There's nothing out there but our consciousness. If you ever want to know what your consciousness is just take a check on what is around you and what you see and what you go through every day in life.

That's your consciousness. This is the danger in reading newspapers, listening to the radio. The world in general has a very negative consciousness.

If you go with it it helps you in that direction. Now if someone tells you that that's escape, it's not. Anytime you acknowledge anything in the world you're supporting it.

If you acknowledge war and death and misery you're supporting it. That's the mental thoughts you're sending out. You see we all send out thoughts.

Every time we have a thought we think it's a secret little thing within ourselves. It goes out to the universe. So the masters support the world.

They counterbalance all the apparent negativity by just sitting in a cave and sending out the good whole thoughts. Constructive thoughts. Thoughts of oneness.

So the only way we can give real help to the entire world is by helping ourselves. The more positive our consciousness is the more we send that out to everyone. I wish I could start with something and tell you my impressions of you.

It appears to me that since I was here last time people seem to have greater, more intense problems. This is for all people in general, not no one in particular. And also for the majority of people that I was talking with which is more than what we have here.

Just tonight alone before I came I spoke to five different people who are not with our group or they weren't with our group last time either. Now this intensification of problems appears as though people are going backwards. But it isn't true.

People are beginning to rise to this state where they can outwardly express themselves. Their problems are now coming out into the manifest rather than staying held in the

mind. People are very apathetic.

It's difficult for them to express. It's difficult for them to do. So the problems remain around in their mind and most of them don't come out in a while.

When they get just one step above that they're still in this apathetic state which is a very low state and they're beginning to acquire some of the capability of doing. Then their problems become manifest even though the world is falling in on them. So it's actually a state of growth to move up from the tamasic the complete tamasic state and come up into the beginning of the rajasic state and that's the state of tamasic rajasic.

Are you all familiar with these terms? Tamasic, rajasic, satra, avicenna? So when we come up into this tamasic rajasic state we begin to do with tamasic tendencies so we're somewhat destructive and that includes ourselves.

So we become destructive to ourselves. We have problems and things seem to get worse. Sometimes we think we're going backwards but actually we're moving ahead.

Now the step above tamasic rajasic would be pure rajasic. One of doing this. Right in the middle you're equally destructive and constructive.

Move up another step you're moving to the rajasic satvic area where you're a big doer constructively. You step up from there you're going to the satvic state you don't have to do you just have to be. So the overall picture that I see is that the world is moving into this moving up into this tamasic rajasic state and everyone seems to have bigger and better problems.

Now it's not everyone of course the percentage of those on the path is less than the percentage of those in the world. They're all involved in this. You see this in race issues juvenile delinquency Vietnam Cyprus, Congo several everywhere today.

The way they're coping with it is in a tamasic way a destructive way. Problems don't have to be solved by killing each other by violence by wounding Problems could be solved by discussion and should be but it's a step forward from a lower state. The world today is in a very low state of beingness.

It's usually called the materialistic age. If you haven't read Sri Yukteswar's holy science on this cycle it lays out the various cycles of earth and how we go from the top to the bottom to the top every 24,000 years We came out of the lowest stage of 500 A.D. You know what the dark ages were. We're moving into the second stage and we're having the growing pains of getting out of the first into the second but the second is not a highly spiritual stage.

It's a stage where technically we advance tremendously The third stage begins the state of we know this is a mental world We stop fighting each other and we begin to love each

other The fourth stage is a state which man knows is beingness in God However at any time whenever anyone chooses he moves into the highest state. We don't have to stay at the level that the world is in in general and those of us who are on the path are pulling up out of this general level of the world To the world everything is hopeless. They feel helpless We know there's a way out.

No matter how much it hurts We know there's a way out. We have a hope And what's the way out? Not looking to the world for happiness Not looking to people for happiness but looking for the place where happiness is and that place is right within us within our consciousness It's our natural

[Speaker 3] (30:08 - 30:09)

inherent

[Speaker 1] (30:10 - 56:19)

state which we have through ignorance undone by imposing concepts of limitation I need this, I need him, I need her and if I don't get these things I have trouble I am hurt Growth is only letting go of these concepts of limitation or on the positive side going within and seeing this unlimited being that we are Anytime we have trouble Anytime we have a problem we're trying to be the ego We're trying to express the self through the limited ego and it's too small gets squeezed and it hurts So if there is a problem the thing to do is to ask yourself What am I doing? Where is my ego demanding seeking and so forth If the answer comes if you see how ego wise you're causing this so called problem you pull the cause up from the subconscious into the conscious and once it's conscious you naturally let go of it The reason why one doesn't let go of it is because the reason the thought has initiated this difficulty is subconscious So even we make a thought conscious and let go of it or we know strongly enough that we are not this body, this mind, this world We are the self and when you feel the self the fear of the self is nothing but unlimited joy What more do you want? Now you got everything That sounds quite inciting I'd say any problem any trouble is ego motivated But that you'll find is true When you be yourself there is no problem there is nothing that will not fall into line perfectly harmoniously with no effort The more ego motivated we are the more difficult the world is The more difficult it is to accomplish something the less harmony there is and the greater the misery we have And it's really as simple as our brain What's not easy is to let go of these wrong habits of insisting upon being an ego The habits are stronger have been well ingrained over millenniums or maybe hundreds of thousands of years But all of us on the path are now letting go of these things and we don't let go easily because of habits that have been there over a long long period of time However the moment we choose to let go then we can If we say we can't let go it's because we really don't want to The desire to let go of the misery isn't strong enough But actually it's as simple as this Not easy but simple But once we accept it see the simplicity of it all we need to do is

affect it And no one can do it for us but we ourselves You have to let the ego center go The ego is I am an individual leftist I have a body I can do things That's wrong If I am the self there is no lesser I have to get lesser out of the way and let the self of God operate Actually you'll move You'll sort of float through things But there's no effort Effort is ego Now of course you're going to have to use effort because you're not starting off as the fully realized self But you see when this girl goes to the extreme she lets go and things happen effortlessly That's letting go and letting God professing faith professing all these things doesn't do it Actually having them does it The fact that she has trouble with faith is absolute proof that she doesn't have the conviction of God because God is all, God is perfect and if God is all and God is perfect everything is perfect What is there left for me to do and if you take that attitude so be it When there's no effort there's no ego When the effort is extreme there's extreme ego and you're going to use effort until you're fully realized Now there'll be times when you'll use no effort and everything will fall perfectly into line for you So at times you'll be yourself Be the witness, be not the doer Let it happen God's will, whatever's happening is good Be it good or bad It's the same thing, whatever's happening in the world is happening in the illusion anyway What difference does it make whether you have a dream if the dream is good or bad It's still a dream but the reality of you is perfect all joy all glory, all happiness You're always free You'll see the truth There's nothing out there but your consciousness Everything you see is in your mind right Where do you see anything and everything? In your mind Take away that mind Where is everything? Time When you do this you lay yourself down to sleep You let go of the mind and this whole physical world drops away So whatever is out there is your consciousness So if you set up another person and a problem that's your consciousness See the perfection and that's all it will be The moment you recognize a problem you're stuck All there is is a singular oneness throughout and you are it That's why I say you can't get rid of a problem Because you recognize it, it's real And the moment we see the real thing the perfection there is no problem instantaneously It will just be our natural self So we're trying to be a limited ego That takes effort It takes effort to be limited when your natural state is unlimited And the more you try to be limited the more effort it takes But to be your unlimited self it takes no effort But that's your friend when she got to her dreams she let go and everything was great now, no effort All the time she was trying and trying, things were getting worse and worse I'd say all she had to do was be herself And if she locked herself in a chamber somewhere with a padlock, the thing would have come to her You don't sit down and wait You don't do anything You just know that everything is perfect And then the slightest thought you have will come into being immediately There's no limitations on God itself, even if you thought this way and are not whole Whatever you thought would have to come into being You'd be let go Because you're invoking your infinite power Nothing can stop it Praying is for those who are not beyond praying When you know as much as you know to whom are you praying to? If you are that, why do you have to pray to it? See, praying admits duality I pray to God That's why Master says demand, he doesn't say ask And when one prays one should pray for one thing only more wisdom so that you eliminate all need for any prayer for

any asking However it all depends on one's state of understanding Most people in the world today need to pray at the beginning But prayer admits duality Now this is the weakest point in the Christian world, duality God is out there We know that God is within Even though Jesus says to be the kingdom of God within We still look for God without And he's not out there, he's only within He turns out to be our very own being The word I is God With nothing added to it When you just say I That feeling of I, that's the self, that's God But when you say am something that isn't Or I am something that isn't Just pure I And only I That's all you see and all you know That's God That's why they say God is closer than flesh It's I How close is I Closer than the flesh is And that is God It's reminding you of what you know That you are that So Just hold on to the word I only I, I, I, I And you'll be more exhilarated than you feel now Just try it on your own Just I, I And that I am a body I am a mind, but I, I I, that feeling of being I think the word that describes God more than any other single word is beingness God is all beingness We are when we look within all beingness pretending we're a tiny part of it a limited body mind So when you look within you'll see that we are all beingness So beingness beingness is God Beingness is also awareness, consciousness It's the same word Later on you'll see them as identical beingness awareness, consciousness So be yourself and there never will be a problem The single problem in the world is trying to be a limited ego body mind If you think you have a problem you do If you just accept that God is all, God is perfect that's all there is and look at perfection that's all you'll ever meet with You have to wipe out the word problem can't, don't won't, all negative words In the future when man is in the state of harmony all these words will disappear The higher you go the more you see the perfection The more you see problems, the lower you are What you're talking about is problems The people who see them want you to be the way they are They'll tell you that you're wrong This is one thing you have to be on guard against as you grow Those who are not up to you will try to pull you down to where they are No, it's not how much you recognize a problem and say, oh boy, this is a problem that shows unselfishness It's how much you love that shows unselfishness When you love you're very constructive whether you're out swinging or not Just feel love, you don't have to do a thing You'll be doing more good for the world than all the do-gooders put together who are out there in action Because thought is far more powerful than action It's the basis of action It's the initiator It comes before it It determines action A high being sitting in a cave somewhere all by himself and doing far more good for the world than all these organizations that combine and get into action Now, back to what we were talking about before the bottom state is inaction The middle state is a very active state The top state is inaction Now the bottom state is a one of inertia It's destructive, it just wants to stop everything actually destroy everything The top state lets everything be just the way it is because everything is perfect The middle state is the action state that pulls you up or pulls you down Now, as you start coming up, those who are in the active state with the tamasic, destructive tendency to try to pull you down to where they are Where is your conviction if you go with them? If you go with them your tendency is to believe more the way they do Now, the right way is easy Anytime it's difficult, it's the wrong way The right way is letting go,

letting God and everything falls into line perfectly No effort But when we have to do It's not God It's me, the ego wanting to do, to change things correct this world and so forth Whatever will help you to do and be what you think you should do and be To know who and what you are is the very best thing There's been moments when you let go and felt your real self How does it feel? You're infinite Omniscient, omnipotent Right here and now See that, stop being this limited miserable Jim You want to help the world, help yourself The more you're capable of loving the more you're helping the world What's that sentence? Parliament Parliament cannot write the world but people loving can The President of the United States must necessarily represent the sum total consciousness the sum total thinkingness of all the people of the United States added together Divine laws supersede man-made laws Consciousness determines everything That's all there is out there, it's consciousness What happens to us individually is our consciousness We don't like what's happening to us in the world, all we have to do is change our consciousness and the world will not be any different What do you think of that statement that walked that you are omnipotent, omniscient and omnipresent Just stop being what you're not a body of mind a limited being It's so simple There's no solution to problems in the world You go on forever and ever solving problems in the world and you'll have more and more and more As long as you recognize problems, they exist The thing that makes you let go of problems is the severity of problems What we do is we stick our hand in a fire and we say Oh, it's hot, my hand is burning Boy, do I have a problem I come home and I say Why stick your hand in a fire No problem If you have a problem, you're putting your hand into a problem and yelling it hurts and acting as though you're not putting your hand into it You act as though you're not doing it But that problem is only in your consciousness It's in your mind Change your mind, change your consciousness and immediately the world out there is changing Try it and you'll see that it's gone Or think back and you'll see that these things have happened already A better answer to what to do is to keep holy company rather than listen to them and try to please them Mix with people who are with you in your direction No problem finding people who are not Almost everywhere you move people are not So why make your friends that way also That's why it's good to have groups That's why it's good to meditate in a group Wednesday, Friday Sunday, Monday Tuesday, Thursday Saturday And then in between just mix with people who are conscious of the positive That's the very prime good of coming together as a group Your direction is You're constantly reminded of your direction You're with people who are striving in that direction And you're in an atmosphere that is moving actually opposite to what the world wants you to move in So keep holy company as much as possible Greetings Love to each and every one of you Welcome back to our beautiful Sedona No one here wants to change me

[Speaker 3] (56:20 - 56:21)

Laughing

[Speaker 1] (56:28 - 1:18:02)

Especially when I say it's simple and it's easy But of course I'm crazy Everyone else is right But I'll keep saying it to you until you let go of that wanting to change me And almost overnight you'll go free Why? Because you are already free Acting and pretending as though you're not Are you? That's it Laughing Is that difficult?

Just be your beingness Do you have any choice otherwise? No You are free Always were Always will be Just stop acting unfree How? Let the mind go quiet How?

Get rid of your ag-flat and your mind is quiet Simple and easy If you do it If you don't do it it's impossible So what does it take to do the most simplistic thing there is in the universe Which is to be yourself To be infinite To bring you down to the push and pull I think I'm going to add something to step number one which says you should want really freedom more than you want anything else I think I'd like to add to it Convert all your wants Convert all your desires to one desire to go free Convert all your desires into the desire to go free And I'll guarantee you you'll get it in a matter of weeks if not a few months Convert all your desires into the desire to go free You see what happens then?

Everything you go after in the world other than freedom is in the opposite direction of freedom Every direction you go into in this world other than that of freedom is in the opposite direction of freedom You're looking to the world to discover yourself You think this thing can do it or that person can do it And I don't know how many of you have discovered that there's only one single happiness One single joy And that's when you quiet your mind and you just be Isn't that difficult?

But if all your desires are not focused in on the desire of going free You're looking away from freedom You're looking to get it where it is not Isn't that simple? Is there anyone who doesn't see understand what I just said Recognize that what you're going after isn't there The desire that you had will not give you what you're looking for But the only joy is you being you And you'll stop chasing rainbows You'll stop all the time being outward And you'll start being all the time inward And releasing the desires, the wants First get them under approval or control or security Then release them, otherwise you're wasting it You can release anger But it's not effective enough Releasing one unit of approval or control is releasing one unit in every feeling So releasing approval or control is releasing hundreds of times more than just releasing on anger It would take you forever to release all your anger It's too much of an accumulation of it This goes for every feeling You've been accumulating them for millions of years But under approval or control you can wipe them all out The number one desire the number one want is for absolute security for this body Right? In order to get that security, if I can get you and everyone else to approve of me I'll be safe and I will survive Right? If I can't, then I want to make you approve of me so I'll be safe and survive That's control So the first wish, desire is for security of the body The second is approval The third is control And the fourth, fifth odd, infinite item is on the chart But knocking out the first one wanting to survive will undo every other feeling When you no more want to survive as a body you have no more want Then you'll

discover the big joke you played upon yourself that you are eternal That you can keep the physical body going forever and ever But there are much better ways than cooping yourself up in a very fragile physical body You can be a whole, complete, perfect body And it looks like this one without its defects Or you could go all the way into the total whole, complete, absolute imperturbable peace Which is just beingness Which is just consciousness You're just conscious, not of bodies and your body You're just conscious Maybe the nearest thing to it would be like a daydreaming state where you're thinking of nothing Everyone can experience the ultimate state because you're in it all the time And you experience it when your mind goes quiet It's only the mind that takes you away from it It's only the mind that makes the noise Isn't that simple? It really is And it's easy if you do it You'll do it when all your desires focus into one desire to be free After you are convinced that freedom is the most desirable thing there is You kid yourself and you think now that yes, I want freedom more than anything else Were that true, you'd be free right now Yes, I want my freedom but all my little toys and play acts and games in the world I've got to take care of them also The play acts of the world take you away from your beingness In a direction where you're trying to experience a beingness externally where it isn't And when your mind goes quiet you discover you set up the entire externality You set it up It's only in your mind And when your mind goes quiet you discover it Quiet your mind You'll know what the world is I can't tell you what the world's going to be like to you because it is to you No matter what you make it It's nothing but the out projecting of your mind Now what changes is your attitude toward the world When you see it for what it is You'll see it like a night dream appears to you after you awaken from the night dream It's there But it's a dream that never really was And so what changes is your attitude Subconsciously your mind is sucked right into all that action by those feelings That's what the mind is It's a composite of those feelings The mind is nothing but perturbation See there's such a word Every thought is a disturbance We live without thoughts effortlessly by intuition You don't do a thing after your mind is quieted You just witness without even moving without lifting a finger you witness everything So what does it take to do that? No more act flat See the act flat All the feelings are programs put in as pro-survival of the body Have you seen that? So subconsciously as long as you have a feeling you're on guard in order to survive But it's so much of it you look away from it as though it isn't and you call it subconscious But as long as you have feelings subconsciously you're in a tremendous turmoil You're on guard lest you die all the time 24 hours a day Felt like saying 25 hours a day If I can get you to see the points I'm making now It should help you stop chasing rainbows chasing after happiness where it isn't It's so obvious that you cannot satisfy a desire If you satisfied a desire it would be gone No more desire Satisfied it's gone How long would it take you to satisfy all your present desires?

A short time You'd be in a state of satiety and your mind would be quiet But the more you try to satisfy a desire the stronger it becomes Because there is no satisfying of a desire There's only a releasing of it You must become desireless by focusing all your

desire into the desire to go free Knowing that that's where your ultimate happiness lies You see, you're not convinced that your ultimate happiness lies in being totally free of all your feelings If you were, you'd just undo them You'd let them push out Every feeling is trying to push itself out, trying to expend itself, and you're sitting on top of it, holding it down with that much energy plus a little more You just stop holding the suppressed stuff down It would all run out on its own in a matter of minutes It would be like puncturing a pressure kettle You'd be free You'd be free You see how much you're holding on to the bondages the things that are keeping you bound Every desire is like an iron chain around you Count up all the desires and you have all the iron chains that are binding you So to sum it up You've got to convince yourself that the ultimate happiness is freedom And the ultimate freedom is no ag-flat And that when you do that, then you'll naturally convert all your desires into going free And you'll do it quickly The reason why we want you to achieve goals is to bring up the anti to it, to block the negative feelings so you can release them After you release them you get convinced, then go for it Go all out for it And you'll discover you can think and instantly have things I think everyone here has had experiences of things coming without effort just for the thought of it If it happens once it can happen twice If it happens twice it can happen four times If it happens four times it can happen sixteen times If it happens sixteen times it can happen sixty-four And on and on until it's all done Then you'll just think and let the world happen You'll notice our whole approach is letting go of We're never with effort trying to extremely do something The pounding of the positive thinking world You've got to allow the world to be what it is There's one effort you must use, and that's to convert all your desires into one desire to go free That's the effort you need to use and should use Take all that effort that you're wasting out there on the world Put it into wanting freedom only and then get it quickly Now the times you can grow the fastest are when you're up high Most of us will use a method when the world is hurting so badly we can't stand it anymore Then we release You should release when you're up When you're up high you can bend down low and deep to get a hold of the fear of dying The fear of living The wanting to survive as a body The fear of separation It's when you're high you can tackle the bottom line security Now when you have no more fear of dying that's it, or when you're free you laugh at dying It's just the opposite of what you thought The greatest death you ever went through was being born And when you die you get a sense of freedom that's the greatest you ever had in the experience of this body So again, focus all your wants, all your desires into the desire to go free Get all the ag flap out and be what you are, unlimited Get rid of your ag flap and then your thinking will create without effort Get rid of your ag flap You can be the number one singer the number one actress in the world You won't have a need for it though

[Speaker 3] (1:18:07 - 1:18:08)

You won't

[Speaker 1] (1:18:08 - 1:25:44)

You're in a situation every moment of your life Is there a time when you're not in a situation? When you're asleep You'll never know what you're going to do after until you go free You might carry through on being the number one singer And then let it go You don't need anything You are the all when you're free You don't have to go for everything Everyone is you Everything is you It's your creation But again if we think we can't we make a goal of it and it gives us an opportunity to release But you aren't any super intensive now I'm telling you, drop the whole thing Why keep working pushing Get rid of your ag flap If you release once you can release twice If you release twice, you can release four times You can release the whole thing Why don't you release the whole thing?

Because for the first thing I said, you have desire for rather than freedom Desire is your enemy Desire is your number one enemy Take your number one enemy and use it against itself Take your number one enemy desire and convert it into the desire for freedom You can be fighting fire with fire How does that sound to you when I say take your number one enemy desire and focus it in on the desire to go free But it does puzzle me as to why all of you discover that releasing is a great thing and that you do not take it all You just don't take it all Why? Can you tell me?

Your programs take over Your programs have a mind and a power and a punch and they hit you, right? Congratulations for taking responsibility for your programs because as long as you give your power to the programs you're finished But who gives the power to those programs? Who holds on to them?

It's back to want, you don't want to see them That's the basic principle of the method is letting go of want Want, want, want, want, want When there's no more want you discover you are the all of the entire universe I still see it as you're needing to focus all your desire into the desire to go free I think we ought to make that step one of the intensive and super intensive Not wanting freedom more than we want approval or control But taking all our wants and focusing them into a want to go free That'll do it It's simple and it's easy if you do it So what I'm saying to you now is do it In general all the time you're out in the world you're going in the wrong direction You think your welfare and security lies out there in the world It's only when you're releasing that you're in the right direction Coming to courses like this is the very best thing you can do is stopping going in the wrong direction for a while to concentrate on going in the right direction It's about time you got together under one roof like brother monks and sisters with the resolve to go free immediately You fulfill that desire your mind goes quiet and you're being and it feels great Recognize what that good feeling is There's one single joy happiness only in this world that's when you're being your being Discover that You'll expedite you're going directly forward instead of trying to fulfill desires Now because it made you feel great you'll naturally want to do it again and again and again and again and again and again and again and again from here until eternity Desire mine enemy Desire mine, am I any enemy is a good motto to keep in the back of your head or put it in any

language you want I was quoting I think it was Uteswar wrote a song or somebody wrote a song Desire my my enemy but desire is your enemy because desire is simply

[Speaker 2] (1:25:44 - 1:25:53)

the agony of lack The title of this session is Your Path to Happiness recorded June 7th 1966

[Speaker 1] (1:25:56 - 1:48:47)

There are two laws that will cover all behavior and I say if you'll use these two laws it'll lead you into full realization The first is an attitude of harmlessness toward all beings and the second is the law of mutuality that any behavior if agreed to by both is correct if one doesn't agree the other should not try to make the one do it for instance I want to go to the movies and I say come on let's go to the movies and you say no and I say well why not come on you should go and so forth and so on it's wrong on my part if you don't want to go I shouldn't want you to go it's only mutual if we both agree on it there is no act that cannot be used for helping one grow on the path and it must be a full time thing if we want to get realization it can't be a weekend or a one hour in the evening one hour in the morning thing it must be all the time relatively speaking there is little growth until the subject is every minute every day the happier we are the more we are dwelling in God in the self we falsely attribute the happiness to the person out there or the thing out there but what actually happens is is when the person or thing out there satisfies our desire we stop thinking when we stop thinking we feel good when we stop thinking we are being our own self someday someday we all discover that the only joy there is is the joy of our beingness of our self which we before attributed to people and things all right knowing that when we know that point that the only joy is our very own self it follows that the opposite misery is just ego and more specifically ego frustration we have desires we want things we can't get them we feel unhappy so all misery has its source in the ego all happiness has its source in the self now this can be used 24 hours a day for growth as I said before the only growth there is being that we are now we always have been we always will be this infinite self it is changeless perfect so the only growth is we cannot grow into this self because we are that but we do grow out of the ego the only growth there is is letting go of the ego so to use this concept of happiness versus misery every time we are unhappy if we just assume that well this is has its source in the ego we may then look for the source of the misery and when we discover it we automatically let it go the only reason why we don't let go of misery or can't is because we don't see the cause of it when anyone sees the cause of the misery he lets it go naturally so if we hold on to that concept that all misery has its source in the ego we can use this as a method of growth by looking at every time we are unhappy looking at it but with the desire to let it go right now looking at it is not so easy because we must learn how to look at it when we are unhappy we should look within for a frustrated desire this is the source of all misery misery we had a desire and it's selfish we wanted something we couldn't get it therefore

we're unhappy so every time we are unhappy we should sit with it look at it see its source in the ego and when you see the source of it when you see that desire that's being frustrated you automatically let go of it and by doing so you're letting go of a bit of ego continue this and you'll get full realization you'll eliminate the ego this can be used everyday if you try it you'll discover that it affords very rapid growth when you're miserable get quiet look within look for the desire behind it when you see it you'll automatically let go there's another side to desire called aversion things we dislike we have aversions to but an aversion is a desire not to have so even an aversion is a desire it's a desire not to have so to sum up what I've just said is that a very rapid means of growth one that could give us full realization is simply looking at our joys and sorrows looking at the sorrows we look for the ego source of it the desire and its frustration and when we see it we automatically let go of it by so doing we let go of a bit of ego we keep it up and eventually there's no more ego now it's also good to approach it on the other side on the happiness side if you'll study your happiness you'll see that the more you are with the self or the capital S or the more you are with God the happier you are when we see that our happiness is nothing but being that which we are we will automatically try to just be what we are more so so we may also look to the happiness discover what that is and find that it's simply our very own beingness and that will encourage us to just be what we are really more and more so these two big things in life joy and sorrow can be used everyday for growth and now we, since we all know it, if we don't use it I say it's only because our desire for the world our desire for misery is greater than our desire for this infinite joy and that we hold on to that desire merely by habit and I also want to repeat something else that I said that this path has to be a full time occupation it cannot be part time we must be with it 24 hours a day if we expect realization it matters not how busy we are in life if we have the right attitude, if we have that seeking attitude all the time we will be doing those things that will be leading us out of this confinement, out of the trap that we've gotten ourselves into it must be 24 hours a day, now when I say 24 hours a day, that includes sleep we carry into our sleep the stream of consciousness of the daytime what the stream of consciousness is when we fall asleep it so remains during the night if we're intensely on the path during the daytime we actually grow during the night our dreams will change instead of having horrible dreams they'll become good dreams we'll even meet higher saints and sages in our sleep state in our dream state we will get lessons from them in that state sometimes more easily than in the waking state but growth does go on during sleep if we make enough effort in the waking state to make it all the time so growth can be 24 hours a day and should be and if we want realization it must be we can only help ourselves if we want to take it from the top in helping the other one you're only helping yourself there only is yourself in the end, you'll see and looking at the separation each one is fully responsible for what happens to him or to her I can't help you one iota it's only an apparency that I'm helping you if you get any help, you do it you'll listen to what he says and you'll say oh, I like that and I'm going to use that, but you do it no one can help you and if no one can help you, no one can hurt you, that's also nice to know all right, I'll give it to you from the top before ye

ask, believe that ye have already received the way the Bible puts it when we pray if we know that our prayers are already answered so it is whatever we want would be ours instantaneously if you've got that much faith in God, your prayer will be answered immediately if we haven't got that much faith, then we must do our best pray how you best know how to pray now the one prayer that we should have above all other prayers is to pray for wisdom the mind is only creative it creates what we hold in mind and it doesn't recognize the words not or no if I don't want to think of a monkey I'm only thinking of a monkey if I do not want to be sick if I do not want an accident I am thinking of accident intending to create it so instead of thinking of no accident we must think of safety instead of thinking of sickness we must think of health this is the greatest weakness in so called demonstration people think in negatives they don't want this they don't want that and that's what they create so we must think only what we want never what we do not want and if we would think only what we want that is all we would ever get it's as simple as all that not easy, but it's simple if we would think only what we want that is all and everything that we would get karma is the automatic behavior karma is past habits karma is our unconscious mind etc, etc being infinite beings we can transcend karma it's impossible to work out karma because as you are working out one act you are creating a similar act for the future by it's very definition it's impossible to work out karma every act now creates an act in the future so while we are trying to work out all the past action we are creating action for the future so it's impossible to work out karma karma works for the ego karma is a law for the ego once we know who and what we are karma does not operate karma does not exist someday we get to the point where we see this and we just step out and above karma and it is no more see these things are so simple if you look at it from the top I use the word from the top anytime we reason we should always start reasoning with truth, with a true statement then everything is simple as statements of truth we may take God is all God is perfect start reasoning from there and see where your troubles are they'll disappear, they have to but when we start with the truth everything is simple if it's complex it's wrong if it's complex it's steeped in the realm of ego the greater the ego the greater the complexity God is simple, the ego is complex karma is created in our thought the action is just an aftermath of thought it's impossible for you to commit any act without a thought of it prior to it right the act the karma is created in the thought it's the thoughts we take with us, it's not the acts the act is gone through and finished, but the thought remains in the era that we're in it's a it's a low period the majority of people are in the tamasic or in the state of lethargy it looks like a very peaceful, docile state when one is in there, it's a state of apathy the rajas the energetic state is much higher when we start to move into that energetic state we begin to express the subconscious desires and wishes and so they come out and we see them beginning worse, whereas before we were thinking it unconsciously, now we want to carry it out, we want to hit somebody we're angry, we start fighting and it looks as though we're going in a wrong direction but it is a higher state Arjuna did not want to fight he was told he had to fight if you can't fight you must fight if you can fight you don't have to fight is the way it comes out if you can fight you're already moving above

the state of rajas the energetic state, and you're moving into the sattvic the spiritually peaceful state when you're moving toward that spiritually peaceful state you're able to fight, but you don't want to and so you don't so when you move up out of the lethargy state it looks as though your character sometimes is becoming worse it is you're just expressing more and it's showing what before was unconscious anger an anger mood is a higher mood than the mood of apathy the highest mood is that of peace, bliss and it's all degrees between those three states a fully realized master a Jesus or any master to whom you look to it's possible to keep his company all the time you can learn that positively by testing it out these masters are omnipresent they are right where we are all the time they are readily contacted they're not difficult to contact because they are pushing toward us much more than we are pushing toward them but we must open ourselves to it we must make the contact so the very best of holy company would be a fully realized being next best would be a saint and so forth on down coming down to everyday life it would be people who are on the path with us people who think the way we think but the very best is the highest the highest can be contacted not with people, but when you're by yourself therefore the more you can be by yourself the better

[Speaker 2] (1:48:48 - 1:48:56)

the title of this session is creating all you desire recorded June 14th 1966

[Speaker 1] (1:48:57 - 2:19:07)

the subject of course is truth God and I preferably like to call it happiness because in the end we discover that the God we're seeking is the ultimate happiness with no sorrow whatsoever this makes God far more intimate more knowable than just using the word God or some of the other words that have been used the word self with a capital S is a much closer a more meaningful word to all of us than the word God is God to each one of us is the concept that we have and more often than not God in people's minds is the greatest person we could think of within our own concept, just the greatest of everything and God is not exactly that God we call the self because the inner self of each one of us is that God that we are seeking the God we are seeking gives us the ultimate happiness because it is without limitation each and every one of us here and now is that unlimited being with no limits whatsoever acting as though we are limited and fully convinced most of us that we are limited and since God or the self or the very being that we are is changeless and eternal we can only be that and nothing else we are right now that infinite being called God pretending that we are not setting up an apparency called the world an apparency called diversification otherness and we have lost sight of the fact that we have set up this falsity called the world and we began to really believe that this real false projection we have set up is real but we can never ever let go of being that which we really are, the infinite self now all trouble stems from not knowing from not accepting the infinite being that we are so the purpose of my being here is to help you let go of the false concepts that we are a limited being and the way I do that is to keep it

as simple as possible by trying to show you that the only thing that covers up this infinite being that we are is the sense of egoity, the sense of ego, that I am an individual separate from the all and the moment we start that separation we start all trouble so the reality is nothing but the infinite self that we are all trouble is saying I am an individual separate from that one infinite all being therefore the only practical methods there are are those which help us let go of the false concept of being an ego of being separate there isn't a moment during the day that we are not practicing being an ego unless of course we have the wisdom that we are not and so the methods I propose are those that can and should be used all day every day we have so confounded ourselves so thoroughly by now that in order to undo this false belief that we are limited we need a full time givingness to this subject in order to realize what we really are in order to let go of all the false ideas we have conceived of basically that we are a limited body with a limited mind now the first day the key that I sort of threw out was as one sees the world so is he as you see the world out there so are you now at first this might be quite shocking the ego part of us rebels against it but this can be used every day all day for checking ourselves to see what our consciousness is it is impossible to see something out there that is not in our mind there is nothing out there but our own consciousness a master a perfected being sees only perfection so if we would take this key and check ourselves during the day on all the especially negative thoughts and start looking within to discover the source of this we will see that these thoughts are right in us they are our thoughts that the horribleness that we thought was out there is right in here because we are in a state of the world that is relatively a low state most of us are far more with negative thinking because we accept negativity and therefore we can undo that negativity by facing it by first learning how to discover this negativity by saying that if we see it out there it's right within us otherwise we couldn't see it and then using it to let go of it now using it to let go of it is the most important thing so we look out there and anything and everything we see that is not just right we turn inwardly and we look for this very thing within ourselves and if we look honestly we'll discover that that thought was right within us that concept is our concept that it doesn't apply to the other one it applies right to us and then when we see it we automatically let go of it because we are seeking truth we are seeking happiness and it's ridiculous to hold on to the things that keep us miserable so the first one was as you see the world so are you since happiness and sorrow is probably the thing that we are most concerned with everyday happiness and sorrow can be used as a means of growth I want to interject here that any one of these practical methods if used constantly will give anyone full realization because their leads onto the very thing that's causing all the trouble if we undo that realization results any one of these methods if used constantly will lead to full realization on happiness and sorrow all happiness is nothing but being the very infinite self that we are all happiness has its source in the self any time we are happy we are merely feeling this infinite self that we are a bit more and the more we feel it the happier we are we falsely attribute the happiness to the thing or the person out there but when we turn within we discover that this happiness has its source right in our very own beingness and is not dependent

upon people or things that we have set up a false concept that it is dependent upon people and things so the source of all happiness of all joy is the self but you must turn within you must see this yourself anything I say if you believe it it helps you none but if you will prove it out for yourself then you will know it and it will be most useful all knowledge must be proven out no teacher can give you knowledge you have to dig it out yourself you have to see it you have to make it your knowledge a teacher can only point the way and each one of us must take it by himself or herself so for those who are here for the first time I think I ought to make a point of that never accept anything I say because I say it only accept that which you can prove out for yourself only then is it meaningful and useful to you so you must turn within until you can see that the source of all joy is your very own self this is a tremendous thing when you see it and all things lose their hold upon you all people that you thought you couldn't live without you need no more you become whole and complete unto yourself when you discover that all your joy has its source in your very own self now on the opposite side all misery all sorrow has its source in the ego all misery is nothing but ego frustration all misery is nothing but the ego saying that my joy lies upon him or her or that having that thing and if I don't get it I'm miserable now if we will use that every time we are unhappy any time we are dissatisfied if we will seek the source of this unhappiness we will discover it's based on a concept of egoity that I am an ego and I want this and I must have that and so forth and so on and we are not getting it and therefore we are miserable then when we do get it we feel happy only because we have let go of the limitation of needing something and we fall back into the very self that we are and we call that happiness so to repeat all happiness has its source in the self all misery has its source in the ego and by tracing either the joy or the sorrow back to the source we gain a bit of wisdom, a bit of truth and move toward realization and now I feel as though I've brought the new ones of us up to where we were last week when you see the truth it's very easy to come out with methods because you see everyone spending every moment of his time seeking truth and there's only two kinds of people in the world those who are consciously seeking it and those who are unconsciously seeking it we here are consciously seeking it I think I'll go into the realm of mind and try to give you a key that is a very powerful and a very tremendous thing and I'll put it this way think what you want and that is all that you will get think what you want and that is only what you will get when we go into this instrument called the mind we discover that the mind is only creative the mind is only creative the mind creates what we hold in mind when we create things that we don't like we call it constructive when we create things we do like we call it constructive but the process is just the same thing mind is only creative too many of us hold in mind the things we don't want I don't want this, I don't want that and I'm afraid I'll have an accident and I might not have enough money to buy this and I don't want this to happen the mind doesn't understand the word not, N-O-T the mind works on picture thinking when I say the word table everyone gets a picture of a table they don't get a picture of the word T-A-B-L-E if I say shoe, you get a picture of a shoe if I say not shoe you're thinking not the picture of a shoe and you will create a shoe so this is the basic error that

most people make when they try to demonstrate, try to create something so hold in mind many things they do not want and incidentally this is the sad thing about fear that which we fear we bring on only because we hold it in mind and create it so if we want a happy life if we have anything that's bothering us and we don't like it, all we need to do is to let go of the thoughts of that thing and it is gone this goes to the extreme of the body it's impossible to have a sick body without unconsciously holding the thought of sickness the way to correct a sick body is not to think on the sickness but to hold only the thought of health and the moment we do that the moment we have only the thought of health there is no more sickness it will drop away instantly so the key is to think only what you want and you'll change your life in that direction that you are thinking I guess I ought to add we shouldn't qualify it we should not limit what we want we should never say through whom by what means through what method we would like to get that which we want once we do that we are interjecting the ego we are trying to direct the way this thing that we want is to come to us we should let go and let God let go, let the infinite find the way of getting to us that which we want we should think only what we want not through whom or by what means and also we must think in present time any time we expect to get something in the future we are creating it in the future and that's where it remains, in the future we cannot get things that we expect to get in the future because the mind being creative will create it in the future and the future is always ahead of us, it's never here so that when we want to create something we must accept it as having been already received as the bible says before ye ask, believe that ye have already received it anything we want we must get the feeling that it is ours now not tomorrow, not in the future it is ours now and then we just let go and we expect to pick it up any demonstrating done with concept of the future in it will always keep it in the future to be more specific, if it is a thing we should visualize it see it, feel it taste it, smell it, as though it is and is ours now period finished, dropped many schools suggest that you repeat again and again and again while repetition is necessary if you don't accept it the first time but the very best way to demonstrate it is to know that it is here and now and let go then it comes very quickly but we must have the concept of the present it is ours now so we should always think only what we want never think that which we do not want this is so simple if you will do this your life will be exactly the way you said it think what you want use that as a slogan as a way in life and you will become master over your life you will have exactly what you are thinking a master sees only perfection hear no evil, see no evil think no evil, and they'll be no evil now mark that let go of trying to be otherwise you can take credit for all the negativity you're creating and that's very helpful too when we create something that's negative in our life, we don't like it we should look at it look for the thoughts in our mind that cause this thing to happen and then if you develop this as a way as a habit it'll come very quickly you'll say, now what did I do to cause this and immediately the thought will come up and you'll say, oh you'll smile and you'll let go of it but that too is teaching one that we are nothing but creators and when you discover that you're able to create sickness accidents, poverty it'll give you confidence that you can create if we're having difficulties in life we can use those

difficulties just this way by discovering that the source of everything is a thought or thoughts in our mind at some time previous and when we see that we know that we have created this negative thing and then it will occur to us, well well if I can create something negative all I have to do is reverse it and I can create something positive but everyone is creating every moment of his life because he's thinking all the time if things do not occur, it's because one time we can think yes and the next time no and balance it out but the yes's are stronger than the no's it'll come into being everyone is creating every moment that he's thinking you cannot help but be a creator so long as one thinks he creates unfortunately we are convinced that we can only create very slowly if we were convinced that we could create instantly things would happen immediately but take credit for all the negativity that we create it shows us that we are the creator then we can consciously make a decision to stop creating that which we do not want and to start creating that which we do want this will conflict with the concept that God is a creator in the ultimate truth, God is not a creator only man is in an absolute perfection, there is nothing to be created nothing to be destroyed everything is absolutely perfect so in the ultimate there is no creation where the top God is, there can be no creation and no dissolution the only creator is man when he doesn't know that he is God

[Speaker 2] (2:19:11 - 2:19:18)

the title of this session is the effortless miracle recorded July 12th 1966

[Speaker 1] (2:19:19 - 3:14:15)

to sum up the whole thing it's very simple it's the old dictum thou art that and the way to know that is to be still being still is simply stilling of the mind until there are no more thoughts so this infinite being that we are we discover by just quieting our mind and when we do that the infinite self shines on its own and where no thought rises there we find God our infinite self alright well how do we get to this state? most of us have been on a path for some time and we have not attained full realization, why? why aren't we fully realized beings knowing that within us is the infinite power knowing that we want it, why aren't we fully realized?

again the answer is simple in reality we are fully realized here and now we are all in a state of nirvana, samadhi ecstasy or whatever word we use for it looking away from that state looking away via the mind into thoughts and concepts that we are not in that state so our attention is pointed away from our natural state of full realization we are fully realized here and now we are simply looking away from it what I have been trying to do is to turn our attention our eye back toward that state by giving you methods that can be used every day all day no matter what you are doing these methods could be used and they simply point us back in the direction wherein we can see who and what we are I believe the first one was the first method as you see the world so are you by looking at all these things that we don't like or do like about the world if we will turn our attention

inward we will discover that it's nothing but our own consciousness that what we see out there is within us and we can use this to free ourselves from the things out there I believe the second one was every bit of joy that we feel is nothing but our very own self the infinite self which we allow to express more or less when we allow it to express more we are happier when we squelch it we are less happy but every bit of happiness can only be the feeling of our very own beingness of the self that we are that if we trace all happiness to its source we discover just that and by discovering that we confirm this fact for ourselves that all joy is nothing but our very own self on the opposite side all misery all unhappiness has its source in the ego sense the ego being the sense of separation from the all I am an individual separate from the all the moment we do that we don't have the all we have want to get some of that all we have frustration and we call that unhappiness so if we will trace the source of all misery we will discover that it has its source in ego desires frustrated another meeting we had was on think what you want think only what you want and that is all that you will get the mind is only a creator whatever we hold in mind we create if we look into this we discover this to be so and when we see it for ourselves then we become masters and all we do is just hold in mind the things we want and that is all we get we begin to let go of holding negative thoughts in our mind we begin to let go of receiving negative things the mind is only creative it creates whatever we hold in mind when we don't like it we call it negative when we like it we call it positive so if we would practice thinking only what we want that is all that we would ever get I think the one I'd suggest for tonight is related to freedom liberation, moksha the very top state of beingness is called liberation what is it we want liberation from the thing we want liberation from is essentially what the world calls today the unconscious mind that the Vedas call Vashana's tendency habit so this freedom that we are seeking is simply freedom from our own thought habit now this method can be used very easily by anyone it's really a simple method to use we start by letting go or changing a very simple habit for instance if we always go to work on a certain street tomorrow we start going to work on another street or if we want to take a deeper habit we can choose a food that we have been eating that we know we would be better off not eating and we mentally say well this I let go of as of today and we stop eating that food breaking that habit is breaking a bondage breaking that habit is breaking an unconscious thing that's going on an unconscious enslavement to prior thoughts any habit whatsoever enslaves us a master is free he determines anything on the moment in accordance with the circumstances that he meets at that moment whereas most of us we determine things by our feelings and things that have happened in the past by our habits so by beginning to break habits we begin to break bondages that are unconscious I think this is a method that's excellent and can be used everyday to free us and eventually it would carry us all the way to complete realization we would become totally free there would be no more unconscious mind there would be no more past tendency we would be in control as I said this is a relatively easy method because you can start with any habit you choose you can start with an easy habit as you practice with it it becomes more easy to do then you can go after deeper habits and deeper habits again I

say it's a very simple and practical method that can take us very very far now a master's body is a body of pure energy we look at it and it looks exactly like our body but in composition it isn't and if a scientist were able to look at it he would see a far more purified state of energy where the total cells of the body are all in harmony everything is functioning together very harmoniously as our bodies are now there's a tremendous amount of disharmony which is evidenced by sickness pain, discomfort heaviness when we have a body of life, a body of purity we feel no weight in the body if we want to move it, it moves instantly without effort if you lifted your hand up there would be no energy, it would feel as though it just floats up on its own so there is a physical change that goes on in the body it goes from gross matter into pure energy now every master has a body of life so as not to startle us so as not to put themselves too far away from us, they don't show us what they can do, but they can instantly be anywhere they want to with that body or they can instantly make as many bodies just like that one as they choose but again I say they don't do it because it puts them too far above us and we tend to say oh, that's alright for you master, you're a master you're God, but what about us poor mortals and a master looks at us and sees that we are masters just like he is just acting as though we are not and so as not to put a gap between us, a master doesn't show what he can do with that body, but because that body is a body of pure energy because it's in a state of harmony he can do anything with that body without effort on the other extreme, the more we go away from that state of harmony, the more effort the more difficulty we have in moving the body the extreme of which is sickness and so forth and so on in sickness would you illustrate to us how if I felt sick for example, I would think of my body yes if we feel sick we can only feel that way if we have the thought I am sick nothing but nothing manifests in this world without a thought prior to it it is impossible to hold on to a sickness without holding on to the thought of that sickness and the moment you let go of the thought of that sickness no matter how severe it is that sickness is gone and I'm sure most of us have gone through situations where we were really aching and sick and something came about that took our interest intensely, we forgot about the sickness for a moment and felt fine anytime anything comes in that's of much more interest than the sickness, we forget it and the sickness is gone I believe most of us have had experiences of that sort the easiest thing in the universe to do is a miracle and the reason for that is it is effortless it's only when we get to the point where we can be without effort that miracles happen to us and because it's effortless it's the easiest thing to do and the only reason why we don't do them now is the strong conviction that we cannot so what we need to do is to let go of all these concepts of limitation peel off the cover over this infinite self that we are even natives in the south sea isles perform these miracles it doesn't take a master it doesn't take a god like person to do a miracle we know that these natives run over red hot cold with their bare feet and are not burnt there are natives that use telepathy to talk from island to island there is magic used in a negative way they call black magic voodoo where people are able to kill people mentally but I should say that no one can do anything to us mentally unless we accept that they can do it to us if you can convince me that with a thought you can hurt me and I accept

that then you can if I don't accept it there is nothing you can do to me mentally now the reason why natives who have no understanding of truth can use miracles is that each one of us has our base in god each one of us is the infinite limitless being that we are and therefore anyone can tap that source but as we grow towards mastership we become more and more conscious of this and then we can use this with far more ease and to a much better direction but I want to get back to the basic point of the evening to get this realization we must peel off the thousands and thousands of layers of negative thoughts that we are not a master all these concepts of limitation are now with us in what we call our subconscious mind the subconscious mind is nothing but all the thoughts we have that we are not looking at right now through necessity or convenience we have set up that mechanism of taking all the thoughts we are not interested in at the moment and pushing them to the background which we call the subconscious mind but unfortunately the subconscious mind is active whether we look at it or not and is effective and is holding us down even though we know we want to be totally free we are not able to move into it immediately because of the accumulation of all these thoughts that we have pushed into the background and call the unconscious mind now the way to undo this as I said is start with one habit begin breaking that habit tomorrow when you succeed with that one habit take another habit you'll discover that there are hundreds and hundreds and hundreds of habits that we are enslaved to and that each time we let go of one habit we are a bit freer we are one step closer to full freedom I like this method of habit breaking because there's nothing mysterious about it it's simple and it's easy because ego wise we don't like to attack our ego we don't like to let go of the ego but we can always take a habit that is a small habit and begin changing it and the moment we do that we are doing away with a bit of ego and therefore the drive in us for the self becomes a bit stronger and as we go along with this method we gain momentum, we gain strength and then we move into what is called tapas discipline where we can start not eating when we're hungry and then eating when we are not hungry not going to sleep when we're tired and going to sleep when we're wide awake this is a deeper layer of habit that we can attack to use this method and to suffer under it is wrong if I am a habitual smoker and I say well I'm not going to smoke and it just bothers me no end I would be better off smoking than going through a constant trouble and struggle and negativity of thought of wanting it and not having it it would put me down rather than up but when I start with a small habit of taking a different street of doing something small doing away with a small habit then I find out that I am capable of breaking a habit and each time I break one habit it's easier to break the next and then someday I can attack the smoking habit I think the one we're on today is the easiest one so far and it's one that everyone can use every day and if we start today we are starting with definite steps on the road to freedom by turning inward we begin to discover this great being that we are and then when we discover that and we look outward we see no difference there is no difference between in and out when we discover the truth there's no difference between the spiritual and the material when we discover the absolute truth it's all one and the same there's a total elimination of all differences the top state is a state of non-

difference no differentiation but again I repeat the prime thing we could do is daily do something toward becoming freer toward letting go of a bit of ego where the ego rises not there is the infinite self anytime you're in a state where the ego rises not but there is the infinite limitless omniscient omnipotent omnipresent being that you are but daily we must begin to let go of this ego daily we should let go of habits daily we must become freer and freer until we get to the point where we see these things that we are this infinite being and then in one lump sum we drop the whole thing at first it's a chipping away doing away with bit by bit until we get a clear enough sight of who and what we are so that we use our will to drop the whole thing of limitation and from that point on we are eternally free I believe that most of us in this room although every one of us has been with metaphysics has not heard much about so called silent teachings and yet they are the most powerful the most effective and the very best of all teachings they are the teachings that go on all the time in spite of our not accepting them they are going on just the same they are the teachings that are being projected by all the greatest of masters every great master that in our concept has been in truth still is and is sending out the teachings all the time in silence it's not easy to explain the method but it's something like this a master has the infinite power available to him and he uses it a master is able to contact every one of us four billion people on this planet at the same moment if a master wanted to he could even appear in a physical body to four billion people individually with four billion bodies and talk to each one and satisfy the need of that one a master is one who has no limits if he can create one body he can create four billion but he doesn't do it because first he's not being asked second if he did it he would frighten more people than he would help but with all his infinite power he is projecting the absolute truth to each and every one of us he's projecting his conviction that we are just like he is an unlimited being and the only way to experience that limitlessness is in silence if there's any sound if there's any vision if there's anything other than the single one we are not experiencing the absolute so the master projects with his power to each and every one the truth of what we are he is at every moment sending that to us there is no time when he is not doing that the difficulty lies on our side we have ourselves closed off to it we prefer to believe that we are limited bodies with limited minds and this is the God given right that we have we have the freedom and the right being basically the gods that we are to choose to be limited and we have done it for so long from the time that we have convinced ourselves that we are so that the noise that goes on within us of limitation drowns out the highest of these silent teachings that are being sent to us all the time so the way to receive this greatest of all teachings is to get quiet when we get quiet we begin to feel this highest of teachings we begin to feel what we call higher more peaceful happier we get a feeling of well-being all our problems disappear and most of us don't recognize that we are being supported by the great ones every time we move in that direction once we experience an assist from a master we should be convinced of what happened very often we get an assist and we think it's accidental or just something that happened the more we recognize the source of it the more we will receive of the same thing there isn't any great master that doesn't do this and the more we open

ourselves to them the more they come in the more they establish us in the knowledge of what we are so to sum it up the greatest of all teachings is the silent teachings and the way to them is to get quiet and receive it and recognize that you are receiving it one of the practical methods of getting oneself to this place is the method of silence of practicing quietude of not talking especially on your days off spend an entire day without talking or writing spend an entire week if possible but we should try to keep as quiet as we possibly can the only conversation we should engage in is only that which is necessary to maintain the body and also anything pertaining to the path if we are not talking about the path or about sustaining the body we are expressing our ego and each time we express the ego we make it stronger keeping quiet does not strengthen the ego and is therefore an excellent method of growth that will eventually lead any one of us to get to the place where we are able to receive the very highest of the teachings the silent teachings human love versus divine love human love is what we think love is divine love is a constant persistent acceptance of every being in the universe fully totally as the other being is and loving them because they are the way they are divine love is allowing the other one to be the way the other one wants to be divine love is seeing everyone equally and I think that is the test of how divine our love is is it the same for every person we meet every day is our love for those who are opposing us as strong as our love is for those who are supporting us divine love is unconditional and is for everyone alike I guess the greatest example of it is Christ with his teachings of turn the other cheek love your enemy and so forth if we as a nation were to practice this we could make every apparent enemy of ours completely impotent just by loving them they would be powerless to do any harm to us but we would have to do it as a nation at least the great majority of the people would have to do that love itself is something we can't turn on and turn off either we have it or we don't have it and it's impossible to love one person and hate another to the degree that we hate anyone to that degree we love the others our love is no greater than our hatred is for any one person what we call love is simply the need for that person if we say I love this person but not the next we feel that we need this person and therefore we'll be nice to this person so we can get what we want but that's not love human love is selfish divine love is completely selfless the methods we use should be the ones that suit us best the methods that we like we are able to gain most from therefore each one should follow that method which he likes best all methods will eventually lead to the one method of self investigation who am I? what am I? and when that question is fully answered that is the end of the line there's nowhere else to go once we discover who we are we discover that we are infinite beings omnipotent omniscient omnipresent so the outer teacher pushes us toward the inner teacher which is nothing but we revealing our real self to our self that which we have been seeking over the centuries outwardly in the world has always been right with us all the time closer than flesh it's always been the I that I am we foolishly have been looking away from it the moment we start turning our attention toward it the moment we start looking inwardly we begin to discover who and what we are we should continue this until it's full complete and discovering who we are is the same as discovering that we are not

the ego we are not that limited being because we have strayed so far from the absolute knowledge it's almost necessary for us to start on the negative side of eliminating the ego to get enough of it out of the way so that we can begin to see the self that we are if we work on ego elimination we should always balance that with getting quiet worshipping the masters dropping into the self reading inspirational writings if we work too long or too much on the ego we get caught up with it, it becomes real to us it becomes too real and then instead of letting go of it we begin to try to sustain it so anytime we are working on any method of eliminating the ego we should always balance it with a positive method of dropping into the self into the quietness into the feelings of bliss so that we don't validate the ego too much the only growth there is is ego elimination die unto the little self then the infinite self is there the infinite self is always there there's never a time when you are not a full master that's perfection that's eternal that can never be changed but your point of view your identity with it you can change because being infinite you have no limitations and therefore you can't assume limitations but it's only an assumption it's only an apparency it's not real so we should die to the little self the ego when we eliminate that this infinite being that we are becomes self obvious it's there all the time just covered over by concepts of limitation which are only ego concepts I say never forget God always keep in the background if not the feeling of God the question who am I or always keep in the background I am not the doer it's the body that's doing this I am the witness be the witness and in that way growth goes on all the time no matter what one is doing at work there is always room to keep our mind on God to keep our mind on the path to keep our mind on a particular method and this should be done if we expect to get out of the mess we got ourselves into it requires full time that we expect to get realization because of what I said before we have tons and tons and tons of effort put into wrong thinking now that we're in the right direction it's going to take that much effort to undo it except if we recognize that being infinite beings we do have the will power and we could will instant realization if we would just do it how long does it take an infinite being to know that he is infinite and each one of us being infinite could do it in an instant if we would but apply our full will power but our will is not that strong in that direction our will still says we are bodies mind need this and need that and want this and want that but that doesn't take away the fact that realization can be instantaneous the moment we do it I am that I am thou art that so the real grace is not external but internal the real grace is always there you will never ever stop trying to return to this unlimited joy with no sorrow because that is the natural state of the self and that is the grace operating all the time you are always being pushed towards seeking happiness which is seeking the self so the grace is operating every moment but if we expect someone other than us to do it for us it will never happen but I believe it's obvious when you look at masters with people around them people around them are not being given instantaneous realization are they?

not because the master doesn't want it because we have to do it the only thing the teacher does is point the direction that we must take and each one must do it for himself

or herself now in a sense it's good to surrender to a master to God but what is surrender? surrendering is saying thy will but not my will not my little ego will but the overall divine will and if you surrendered your ego from that moment on everything would be perfect but most of us who think we are surrendering are doing it very conditionally just a little bit at a time and it must be complete to be effective if it's just a little that's all the benefit we receive it's just a little so divine grace is always operating it's the self of you wanting you to let go of the ego concepts of limitation and it drives you toward the self in the direction of seeking happiness someday you'll see the only joy there is is of the self expressing more or less or shining forth more or less we uncover it a bit more and we feel happier so every time you're seeking happiness that's grace in operation so the grace is always there but no one will do it for you but you because you are that it's necessary to take full responsibility for everything that happens to us if we want realization God himself cannot give us realization if he could we would all have it and the reason why he can't is because we are that God that we are seeking it's nothing external to us because God is right within us closer than flesh and since we are that God we are the ones who do it

[Speaker 2] (3:14:17 - 3:14:24)

the title of this session is having it all recorded July 4th 1966

[Speaker 1] (3:14:25 - 3:26:14)

the path we're on is from here on until we make the goal that's the first point I'd like to make we're on this path until we are infinite second we can do this this lifetime now generally it takes many many many lifetimes for the great great majority of people to make it however we can do it this time for two reasons first we are an unusual group second we have the right direction to make it this lifetime so that if we ever come back in the future it's by choice it's not by necessity usually those of us who want to help others to that point will come back just to help others but that's a matter of individual choice what we do the main thing is to achieve that state now becoming master over life is really a basic and necessary step through which we learn that we are not we are not the victims in life but we are the masters after we master the ways and means of making our environment the way we want it then we look beyond no matter how happy we make our life if it's involved in living itself it will never satisfy it because our real state is that of being infinite and being happy in life and living has limitations are there any questions on that I sort of brought us up to date now I'll go into what I think should be our direction in the future we have to become more universal we should let go of our own livingness to the point where we can live outwardly more for others if we are universal beings we must be universal beings every human being is is me is the way we should feel you are me the attitude we should have toward all people I'll use the word attitude we can't help the world by giving them things it's just too much needed but we can give them that which is much more than things we can begin giving them the knowledge that we are

getting and our attitude should be one of wanting to help everyone who wants help and never helping those who don't want it that's imposing upon them we should try to help just those who cross our path we don't have to extend ourselves into directions because people will just fall into our lies they'll ask us questions and as we give them the answers we find that certain people will feel that you are giving them the right answers that you are helping them and they'll ask more and it's really an obligation to answer questions of people who come to you sincerely seeking the right direction as we begin to live outward and think less of our little self and more of the other one we are helping no one but ourselves the world sees it differently they would probably interpret it as we helping the other one but there's no other one to help but ourselves and actually we get the greatest benefit and we'll never make it unless we have this feeling of compassion of oneness with everyone with a wish that they too know what we know so to repeat we have gotten to the point where we have learned how to control life and make it happier now we should try to make it happier for others who want it this does not mean stopping our own growth that we never stop we keep working for our own further growth but at the same time we help others every living soul wants peace they're all seeking their happiness therefore if you would expect it it would come to you expect to want to help people find this peace you spoke of love and compassion define what it means to you love is only understood when you love compassion is understanding what the other one is going through compassion is understanding what the other one is experiencing but the emotional part sort of comes automatically if you live to see the other one happy practicing that way of life would bring tremendous amounts of happiness the basic point I tried to get across was what to do now that life has become happier and the next step is to live more outwardly if you can live for others live more for others this is another way of saying see God in everyone see them as perfect then you help them most feel that everyone is you because there is only you there is only God and God is that which I am really the basic absolute truth is what? there is nothing but an absolute perfect oneness that is I someday you reach a point where you just think and things happen someday you go beyond that you just know the perfection there is nothing to think about everything is perfect therefore there is no thought required everyone makes it everyone does but in terms of time as we now know it the great great majority will make it in over a million years from now and we can do it this lifetime

[Speaker 3] (3:26:15 - 3:26:17)

and we should

[Speaker 1] (3:26:26 - 3:39:25)

we are all moving in that direction the very greatest of the sages are still here some in body some not in body leading us on whether we are aware of it or not and all we need to do is to open ourselves to their help which is the most powerful help there is and look at full realization this lifetime I try to follow them if you follow me you are following them

I take my guidance from them through me to you so we are all moving in that direction but this group is moving much much much faster than the great majority of people are impercurbability is a is an indication of how far we have gotten can I be disturbed can I be annoyed if I can I must eliminate that we should get to the place where no one and no thing can annoy us but effortlessness does show how far we have gone on this path but I think a better indicator is peace how peaceful am I the greater your peace the further you have gotten your attitude should be the same toward good and bad if it's good or if it's bad where is it it's in the world of limitation we want to transcend limitation the good thing is the other side of the coin of a bad thing it's all in this dream world illusory world of limitation good and bad so after we learn how to make our life good then we should look upon good and bad as the same thing as the opposite side of the same coin it's all part of the illusory world but our attitude toward the world is expressed in the highest and what I said about the body what I said about accepting good and bad the same way what is it good for what is it bad for this body things that are good and bad are for this body aren't they but we are so much more than this body we are immortal we are perfect so these things don't touch us our attitude should be the same toward good and bad have an attitude of it doesn't affect me I'm eternal I'm immortal nothing can affect me so that attitude toward the flat tire should be applied all the way up to the body we have been making making life better now that we can do that we shouldn't care whether it's better or worse because we are not it we are not limited by it our attitude toward good and bad should be the same right do not identify what's happening out there it's all in my own consciousness so what's the difference whether I think a good dream or a bad dream it's all my consciousness it's necessary that you apply what you learn you have to do it I can't do it for you I'm just pointing out the way you should go you have to go it therefore I have to step away so that you can swim on your own I'm telling you how to swim in the right direction you have to do it if I were to stay you would develop a dependency relationship you would feel good while I'm around you would unconsciously attach that to me you would not do on your own nearly as much as when I leave you and come back in and out I give you the theory you get your lab course when I leave in the world I leave you and the world bumps you every time it bumps you it makes you think you think in this direction but what you read is also true you do need the assist confirmation reestablishing of the basic truths and directions but you get that each time I come someday there will be no need to listen to anyone also there's only a certain amount that we absorb at a time or each time now there isn't a time that I don't give you the whole thing before I leave many times, right? the whole thing but it takes time to digest it takes time to work it out in practice so I say you're getting an excellent way of my coming and going there's no dependency relationship set up and this dependency relationship is a thing that happens when people are with a teacher all the time which holds them back now what I'm saying might not be 100% so if we had a set up where we all lived together at one point actually all lived together right in the same place this teaching could go on all the time you would get your practice working with each other like you and Ken sometimes would he would practice letting go of those feelings of

opposition until there was none in other words the world would be right with you in your friends see the way out of the world is through it isolation isn't good until you have completely renounced the world until you have gotten to the place where you see nothing in the world that you want anymore you know that your happiness does not lie in the world then isolation is alright you have no more desires for the world then you may isolate but until then growth is faster and better in the world should you isolate before you reach that point you are escaping you are running away from the world and that's very bad but it would surprise me someday to see us all living together in one place and this growth going on all the time

[Speaker 2] (3:39:26 - 3:39:33)

the title of this session is the key to individual freedom recorded July 8th 1972

[Speaker 1] (3:39:33 - 4:03:49)

what we're all looking for and what we call happiness I think is much better stated as wanting freedom freedom from everything and more so freedom in everything it's not freedom from the world it's freedom in the world freedom to do or not to do on anything and everything but this freedom we're looking for is so much other than what we think it is that very few of us really go all out for it this freedom which is total that we're looking for is not in a confined state of being a physical body it is the state of pure and only being it's the I-ness of us the is-ness of us the am-ness of us but it is not I am something I am a body but just the am-ness and that alone when we see that then we see and know that we are infinite beings and that we superimposed upon this unlimited being that we are mental concept which we call thoughts that I am this body and my name is such and such and this name and form is everywhere and that is the real we concocted this whole universe and have forgotten that we have done it and we say it is real and it is separate from me and all it really is is a picture in our mind the only place where you see this world is in your mind put your mind to sleep and there's no more world don't wake up from this sleep and there's never a world again but you are so on this infinite being or infinite being-ness that we are we superimpose the thing called mind which is nothing but the collection of our thoughts and every thought is a limitation examine it see it for yourself every thought must be limited and so by now we have millions if not billions of thoughts of limitation that we accept as being real so what we have to do is undo the thoughts undo the mind go into that realm just behind the mind which is being-ness which is infinite everyone all life is seeking to return to that state of just pure being-ness and that is a state in which we have this ultimate state of deep very profound peace it's a delicious imperturbable peace which is nicer than anything else ever so how do we get to this state this ultimate state of freedom the most practical method that I can see that you people everyone here could use that is very effective and that will get you freedom this lifetime and could do it in a matter of months is not ridding yourself of thoughts of which there are billions but of ridding yourself of the things that the thoughts culminate

in the millions and billions of thoughts from the past culminate in tendencies little tendencies of which there's probably hundreds of them and if you drop one tendency you're dropping millions of thoughts your tendencies you can see, they're always there tendency to get angry tendency to react, tendency to want this, tendency you know they're sitting on top all the time, you can see them and the thing you need to do is to drop it as you see it now the dropping is easy when you do it it takes less than one second to drop a tendency with millions of thoughts underneath it most of you here have done it, you know when you do it, it's easy and if you don't do it, it's impossible, you struggle with it, year in and year out you drop it it takes less than a second so what's required is to develop this method of dropping these little tendencies that come up when they come up not in the future not to go home with it and work on it but to drop it when it comes up if you do this you'll be doing it all the time it'll take you months and you'll be totally free it's gotta be done wherever you are whether you're working or not working every time you meet people these tendencies come up you can react to them and get into that emotional play up and back or you can look at it and drop it you get into that emotional reactive play with people and you get deeper and deeper into it you drop it as it comes up and you're free of it but the important thing is every day no matter what we're in we have this opportunity to drop these tendencies drop one tendency and you're dropping millions of thoughts from the past this is something everyone here can do alright now I'll give you a faster way you don't want to take months you want to do it in weeks these tendencies all culminate into what we call emotion there's only about eight basic emotions when your emotions come up if you'll will them out drop them with determination say I am through with this it's done under each emotion are these hundreds of tendencies so if you drop the emotions you drop the tendencies and all the millions and billions of thoughts underneath them okay alright now if weeks is too long all the emotions come out of one thing only and that is desire if you would drop desire you'd be totally free all the emotions would be gone all the tendencies and all the thoughts underneath it what remains over after the mind is let go of is the infinite being that you are here and now you will have removed the total covering over this infinite being that you are a way to use desire that would be easier I think is to use attachments and aversion when we desire something to hold on to that's an attachment when we desire something that we want to hold away from us that's an aversion so all attachments and all desires all attachments and all aversions are desire we desire it to us or away from us now it's really possible for anyone to drop desire lock stock and barrel if he or she so determines the only thing that prevents us from doing that is first not wanting to and second saying I can't those two things will prevent us not wanting to and believing that you can't and the reason why you can do it is because infinite power is available to every one of you if you'll use it and it comes out in a form of determination full determination will do anything I know you're not going to knock desire out in one day most of you won't knock out the emotions you'll try but every one of you can knock out the tendencies the little tendencies that come up and if you'll do it and make a habit of it it'll only take months the most, a few years to become totally free but it must be a daily

thing it can't be oh I have this tendency I'll work on it tomorrow or next week or next month no you gotta do it right there and then because it only takes less than a second and then the next second you can take another one and the next second another one so instead of doing it once every two or three months you can get a whole year's work accomplished in four seconds instead of a year so I'm emphasizing the value of getting into doing it every day then you do it as it happens and then you're doing in one month what the average person does in many lifetimes and you're doing it in a way in which you can get your freedom very very soon it should be months but you could do it in a few years if you're slow I mean this I'm not kidding you can do it in months how do I know that?

a guy like me who knew nothing about the path I did in three months is what I'm talking about had I known the direction it would not have been more than one month because that's when it really happened was the last month I know it can be done and all you need is you and the desire for it the determination now the path is easy it is not difficult if you think it's difficult it's because you're looking in the opposite direction and saying it can't be done and that's why I'm emphasizing it's easy or impossible and that's just the way it is it's either easy or impossible if you do it it's easy if you don't it's impossible and I've been emphasizing working on tendencies of late and I see everyone can do it, everyone there isn't anyone who's been working with me who hasn't dropped a tendency you can drop one you can drop two you can drop two, you can drop four you can drop four, you can drop eight until they're all gone now the more you drop the freer you become which allows you more power to use than dropping bigger and more difficult tendencies so just drop something now drop one thing, you'll succeed when you drop one, you can drop two you can drop two, you can drop four odd infinitum but the important thing is to do it every day we should be totally accepting of everything if we're not we are reacting so as the day goes by we have to accept everything, bad bosses bad people hot weather cold weather good food, bad food total acceptance of this universe is total freedom that means accepting it the way it is letting it be the way it is not wanting to change anything but yourself so total acceptance means you have no desires, you don't want it to be this way you don't want it to be that way I guess one of the biggest and easiest things to see is your reaction to people that's going on all the time when you're with people drop all your reactive behavior and be free drop one thing and you're totally free drop desire drop eight things and you're totally free drop your eight emotions number one accept that you can drop them number two be determined that you will drop them then you'll find it's easy the real love is being the other one, you want to understand someone, be that person will you understand that one if you can experience what they're experiencing identity is the real divine love being the other person oneness with the other person so the real love is so far from what the world considers as love remember if you are a whole infinite being you need no other you're complete total, infinite by yourself so long as we think we need another we are limited so don't need the other one be the other one by recognizing what you are you recognize that you are everyone by

turning your direction back on yourself and discovering what you really are you discover that you are really every being and that's the way to it I can only point the direction on how to get there, I can't do it for you but you can experience it and I'm sure you've experienced it to a degree in the past I know you have then your whole picture of this world changes, then you see the perfection when you see a right, you see nothing but beautiful perfection and this is the true, true picture when we see imperfection our sight is defective in the reality, everything is absolutely perfect that's why they say God is perfect God is all and if God is all and God is perfect, that includes us if we see an imperfection our sight is defective the imperfection is in us if we see it see the perfection where the seeming imperfection seems to be the imperfection is a seemingness and see me don't see me as a if you see the perfection you're free

[Speaker 2] (4:03:52 - 4:04:55)

Lester worked with thousands of people from 1952 until early 1974 helping them in the manner that you have just heard then in a moment of profound understanding and total surrender, Lester had a breakthrough he saw a way of communicating what he had discovered in 1952 through a technique that anyone could use to quickly gain their own complete freedom the Sedona Method is that technique the Sedona Method is a powerful yet simple technique that can be used moment to moment all day long to easily and quickly let go of the feelings that cover who we really are this technique, once experientially learned, shows each person how they can let go of these feelings at their roots the results achieved by graduates of the Sedona Method course have been so profound that thousands of people around the world have taken the course the Sedona Method is Lester's gift to the world this final tape is Lester himself describing his discovery

[Speaker 1] (4:04:56 - 4:16:18)

I was born July 19, 1999 in Elizabeth, New Jersey into a middle class family as a very shy person and I tried to do things as things were supposed to have been done doing the right thing, getting a good education being the best in my field and my natural inclination was towards science especially the science of the world and man himself and I was graduated from Rutgers College in 1931 as a physicist after which I worked 20 some years in physics and in engineering in physics I worked at research and development on measuring instruments and automatic control connected with Brown Instrument Company which became a subsidiary of Honeywell and in the engineering field I worked as an electrical engineer a mechanical engineer construction engineer heating and ventilating engineer marine engineer actually 14 different fields I also actually went into various businesses intertwined with the engineering wanting to make money, wanting to make it in the world at that time I did not know what I know now, that what I was seeking was actually the answers to life itself nothing I had worked at would give me that answer and as the years went by I became heavy with depression with

sickness and by 1952 I had been through constant ailments like being jaundiced three or so times a year constantly with enlarged liver kidney stones spleen trouble hyper and hypo acidity ulcers that perforated and formed lesions and then I had at least 10 years of migraine headache and then toward the 1952 I had had two coronary thrombosis and after the second one I was told I wouldn't live much longer, that I might die any day that I shouldn't even take the effort to go up a step unless I absolutely had to I was extremely fearful of dying but I realized I said to myself you're still breathing Lester, there's still a chance so I sat me down and began thinking on an around the clock basis I had been considered a very smart boy I had always made the honor roll I had a four year scholarship to Rutgers back in the days when not many scholarships were handed out but then after the second heart attack and when I was told I wouldn't live I said to myself Lester, you are stupid stupid, stupid having lived 43 or so years and having reached the end of the line without happiness without health therefore all this knowledge that you have accumulated is of no avail I had studied Watson's behavior, Watson's behaviorism in the 30's Freud in the later 30's and early 40's I had studied the philosophies I had studied logic I studied economics I studied all the major fields of man and with all that knowledge there I was at the end of the line making me realize that the accumulated knowledge of man was of no use and so then I decided start from scratch forget all that knowledge begin from point zero and see what you can pick up so I posed the questions what am I? what is this world? what is my relationship to it?

what is mind? what is intelligence? what is happiness?

and I began by asking myself what do I want out of life? and the answer was happiness investigating further I went into the moments when I was feeling happiest and I discovered something which to me was startling at the time that it was when I was loving that I was happiest that happiness equated to my capacity to love rather than to being loved that was a starting point I began correcting all my thoughts and feelings in that direction from that of wanting to be loved to that of loving and in that process I discovered another major thing that kind of shocked me I saw that I wanted to change this entire world and that that was the cause of my ulcers or one of the major causes of it on realizing how much I wanted to change things in this world and that that made me a slave of this world I made the decision to reverse that and in the process of following out these two directions of actually unloading all the subconscious concepts and pressures in those directions I discovered I was getting happier freer lighter and feeling better in general on seeing that this direction was good I made the decision that if a slice of the pie tastes as good I want the whole pie and I decided not to let go until I got that whole entire pie of happiness and with it the answer to what am I what is this life what is my relationship to it this decision allowed me to as I claim get the answer to life itself in a matter of three months time and I actually believe if I did it anyone could do it if they had that much want to and in that three month period of time all the ailments I had in my physical body corrected all my miseries dropped away and I ended up in a place in

which I was happy all the time with no sorrow not that the world stopped pushing against me it continued but I was in a place where I could resolve things almost immediately having cleared out all the negative fears all the negative I cannot I would focus right in on the answer to every problem and get it very quickly and so my whole life turned around from being one of formally being depressed and sick to one of being happy all the time and in perfect health all the time one of the things that happened in this process was identification with others I saw that we are all related we are all interconnected our minds are interconnected each mind is like a radio broadcasting and receiving station that we are all tuned into each other unconsciously we're just not aware of it and that if a lot of the suppressed energies are allowed out this becomes obvious to us and once we identify with everyone else it's just natural that we want everyone else to discover what we have discovered that life was meant to be beautiful meant to be happy all the time with no sorrow meant to be with perfect health and so from that reaching that high point of understanding in 1952 from that time on I have wanted to help others discover what I discovered

[Speaker 3] (4:16:38 - 4:16:39)

thank you

[Speaker 1] (4:16:41 - 4:17:03)

greetings and love to each and every one of you I think the biggest surprise tonight was to me I didn't know I was going to talk until about 10 minutes before 8 this evening when I was told I was going to be the surprise laughter

[Speaker 3] (4:17:03 - 4:17:03)

laughter

[Speaker 1] (4:17:05 - 4:26:00)

so I began thinking you know what am I going to talk about talk about you or talk about me and I realized what's the difference laughter laughter laughter laughter laughter laughter laughter laughter we are all in the very same boat called life we're all doing in my eyes the exact same thing that I did we are all looking for the summum bonum the highest good the ultimate place the greatest happiness and we're about it all the time struggling for it, struggling for it looking for it, looking for it wondering where is it well back in 1952 I claimed I found the place it's right where I am it's right where you are and all this looking for it everywhere, everyday year in and year out is such a waste of time why?

it's right where you are we're all here in this classroom called earth trying to discover something the ultimate and we're all looking for it externally where it isn't if we will only turn our direction back upon ourselves we will discover it's right here where I am where you are right in your very own beingness I say are you? you say yes I say that's it do

nothing else but that and you'll be in the ultimate good and the ultimate state of happiness but why don't you do it? you're so habituated into looking for it over there, over here in him, in her in this job and it never is there so we're all going through the same trip of trying to discover what is this all about, where is my happiness and when we stop chasing after it out there and we turn inward we discover that all these hard negative terrible feelings are only a feeling and that it is impossible to get rid of these feelings by releasing them and all these feelings are subconscious programs every bit of them put in as pro-survival it's not only fear that they say is fight or flight that is survival all our feelings have been programmed in to automatically keep us surviving they keep us all the time looking out there, trying to survive keep our mind active subconsciously 24 hours a day so never for even one moment do we stop thinking and discover what we are if you could just stop your thinking for one moment you will go through the most tremendous experience there is that you are the totality of this universe in your beingness that when your mind goes quiet you automatically see I am the most terrific being there is in this universe I am whole complete perfect I always was, I am now and I always will be so what is it that keeps us from being in that most delectable state there is simply the accumulated programs called feelings all these negative feelings have us constantly struggling to survive have us constantly looking away from this tremendous thing that we are and all we need to do is to quiet that mind and we become self-obvious to ourselves of this tremendous loving being that we are how do we do it? I say it's simple, it's the donor method it happens to be the fastest the most effective way there is to achieve this high state of being where we are in total control of our universe where every moment is a wonderful wonderful moment where it is impossible to be unhappy and I say that's our natural state when these negative feelings are released someday you're going to do it you're in the same boat you're struggling you're doing everything to achieve that happiness but someday you'll get it because you will never stop until you get there but if you want to do it faster try our way I promise you you'll be very pleasantly surprised everything you're looking for is right where you are all you need to do is to take off the blinders your vision is very blurred you're looking through all these subconscious programs when you release them your vision becomes clear you discover you are the greatest you're whole complete you're eternal all your fear of dying disappears and life is so comfortable after that and there's no struggle no struggle whatsoever when you get these negative feelings up and out so I urge you to take this method it's a tool in one week's time there'll be a big change in you for the better and from there on you will continue to get better and better and better lighter and lighter happier and happier and this thing called love is your basic nature all the love there is in the universe is right in your basic nature and you'll discover that happiness your happiness equates to your capacity to love and conversely all your misery equates to your need to be loved just love love love and you'll be so happy and healthy and prosperous but again you need to lift out these non love feelings so again I urge you to try our way I promise you you'll be very satisfied try it you'll like it thank you so much for coming thank you

[Speaker 3] (4:26:09 - 4:26:16)

and now here's Lester with a few final words

[Speaker 1] (4:26:22 - 4:59:38)

greetings this is Lester talking to you from his heart if the tapes you have heard have helped you there is much more help that is available on the tapes I talk to you in a manner that is oriented to provoke thinking in you that leads you to a new realization I talk to you in a way that attempts to reach the part of you that inherently and intuitively understands more than your present intellectual ability all this leads you to wisdom wisdom that is higher than present intellectual knowledge I have evolved a do-it-yourself method that can show you how to every day increase your understanding it is called the Sedona Method it will greatly enhance and increase your self growth and keep it going from here on the philosophy of the Sedona Method is simply that each one of us has no limits except those that we hold onto subconsciously and that when we let go of our subconscious limitations we discover that our potential is unlimited unlimited in the direction of health, happiness affluence and materiality the Sedona Method is the how-to to achieve all the former in a most effective way on a daily basis the Sedona Method is the post-graduate course to the tapes you have heard and will allow you to achieve the ultimate of that which you wish in life I strongly recommend that you take the course thank you well I got back to New York in the lowest and worst state I had ever been in my entire life and with time on my hands and totally frustrated no way out anymore incapable of getting the answer I cried out for the answer and I couldn't get it and it broke my heart in the form of a heart attack and after the heart attack I was told not to take a step unless I actually had to because there's a possibility that I'd drop dead at any moment this is a shocking thing having been so active all my life and suddenly being told that I cannot be active anymore it's a horrible thing and it and also the intense fear of dying overwhelmed me that I might drop dead any minute and this stayed with me for days real horrible low spinning period there the intense grip of fear of dying of being a cripple for the rest of my life and that I wouldn't be able to be active how could I take care of me and all that and after several days of that I said well one thing I can do is stay alive, try to get out of it somehow maybe there's a way out and with the extreme desperation wanting out not wanting to die I began to question what the hell is it all about and I began to review what is life I must start from scratch I must put all this aside and I began to look see what am I what is this world, what's my relationship to it what do I want from it, happiness what is happiness being not and I thought of all these girls who wanted to marry me these beautiful, charming intellectual girls and that right now I have not only these girls not only girls wanting to marry me but I do have the esteem of my friends and they're not miserable the closest thing I sensed was a grateful happiness for this world so I began reviewing and reliving my past love affairs looking at the points where the happiness the little happiness that I had grew and all of a sudden I got an inkling that it was when I was loving them that I had the highest feeling I began to

dissect and pull up pull up and dissect all my high moments of loving I remembered one evening beautiful balmy evening in the mountains when I sat there with Virginia we were both lying on the grass both looking up at the sky and I had my arm around her under her head and being nirvanally touching the height of happiness it was right there and I was feeling how great was love for Virginia how wonderful was knowing all this nature how perfect and subtle and I saw that it was my loving her that was a cause of this happiness and so I immediately turned to the other side well she loved me it was great and I think it was not as great as what I just discovered and I remember the moments when publicly this beautiful charming girl told the public she approves of Lester she loves Lester and I could feel that nice feeling of approval but it was not a lasting feeling it was just for that moment and in order to get that feeling she had to continue saying that and at this momentary ego approval it was not as great as that moment feeling of loving her because as long as I was loving her I was feeling so happy but when she loved me it was only moments of approval that gave me the happiness that it did when I saw that it was not being loved that was making me happy I went into it further I knew it was connected with that kind of thing the happiness that I was having and I kept digging into it and I discovered that I was loving when I was feeling good or that when I was loving I felt good and pulled up other incidents to prove to me that this was so and I saw it that when I was loving I was happy oh when I saw that my happiness was determined by my capacity to love I said wow I've got a handle on this thing I got my hand onto the chain of happiness onto a link of it and I pulled out one or two or three links and I decided I'm going to pull on that chain until I get the whole thing out get the entire chain and I kept reviewing incidents from the past and where I saw that I was not loving I would change that feeling to loving that person instead of wanting them to do something for me I would change it from my wanting to do something for them things like that I did it was the first inkling I had as to what brings about happiness and it was a tremendous thing because I hadn't had happiness and I said gee if this is the key to happiness I've got the greatest and even the hopes of getting more and more of happiness was a tremendous thing at the time thus this is what I thought was another thing that I wanted happiness unfortunately most people are like I was most people want love and never feel as though they have it only because in order to feel love you must love so this is a tremendous door opener to happiness as I said unfortunately most people don't see it and even when they hear it don't try to test it out to see whether it is so if they would try it out they would discover that their happiness depends upon their loving that the more they love the happier they are love what the world needs now is love see these kids are saying if you love me you do it my way what I saw was the more I loved the happier I was that's how I discovered it equates later on when I began to move into people again I used that to further develop my love having discovered that I was getting happier and happier I wanted all of it that I could get I wanted the ultimate happiness so when I mixed with people again and again and they did things that I didn't like and the thing was a feeling of non love and immediately it changed that attitude to one of loving them even though they were opposing me until I got to the point where no matter how much I was being

opposed no matter how much they defiled me and tried to bring me asunder I could maintain the feeling of love for them the extreme heaviness was becoming less I felt myself becoming lighter in fact happier it was a certain greater freedom I felt it was an easier concentration of my mind because I began to look better at my mind what is my mind? what is intelligence?

suddenly a picture flashed it was an amusement park bumper car entertainment thing where all the cars took their energy from the screen wire above and the screen wire symbolized all intelligence all energy that each driver of the car was taking the amount of energy and intelligence that he wanted from that wire but steering his car blindly because he was bumping into other cars bumping and bumping and that if I chose to I could take more and more of that overall intelligence and so I dug at that and began to examine thinking and its relationship to what was happening and revealed that what was happening had a thought behind it sometime prior and that I never before related the two because of the element of time between the thought and the happening and I did discover that all that was happening to me did have a thought in that direction sometime prior and then all of a sudden I realized that everything that was happening to me had a thought of it before it happened and that if I could grab a hold of this I could consciously determine everything that was happening to me and above all I was responsible for everything that had happened to me formerly thinking that the world was abusing me and I saw that my whole past life and tremendous effort to make money and in the end failing was due only to my thinking that I was seeking happiness and I was seeking it in making money and whenever the business started to make money I began to lose interest because the money did not bring me the happiness I was wanting and because it didn't and I lost interest the thing began to collapse and I had always blamed others and other things for the business collapsing and here it was simply my subconscious knowing that this is not the happiness thing that caused me to lose interest in it that caused the business to collapse and I lost the pain now in everything I remember that when I close it down it was a thing of this tremendous effort I hope I never go through this again it was such an extreme effort to make that business pay the extreme odds against it it just took all my effort, energy and time right around the clock to get it going under such heavy, difficult obstacles but when it collapsed I had to throw up, gee I hope I never come back, but when I did come back in several months and found every building stripped every piece of equipment gone although some of the guns they gave to me I felt suffer for it because this was the only industry in that small town of Magdalena, ha ha ha how stupid they are we undid the possibility of this thing ever starting up again and run away with a little satisfaction in that but I did think that they did it to me, that the market did it to me that others had a cause for it until this realization that it wasn't money making that I wanted, it was happiness when the money was coming in the happiness was not there oh this was a tremendous piece of feeling to think that I am not the victim of this world but it lies within my power to arrange the world the way I want it to be rather than being an effect of it I can now be a cause over it, arrange it the way I would like it to be and

that was a tremendous realization a tremendous feeling of freedom a realization that money did not give me happiness money did not give it to me and me thinking and looking at others and I saw how all my friends and all the rich men when they made the money they never stopped and they lacked to enjoy it but they began to drive themselves more and more to get more and more others that what they had couldn't satisfy them and here they are going after more of it, it made no sense there was no happiness in being me I drove the world madly in the wrong direction so my need and want to make this money was a cause I also saw that the more these kind of things the bigger my business was the more responsibility I had and the more it had me day and night right around the clock the problems of business I would take to bed with me and I would wake up in the morning with them and even carry them through the night in their dreams I realized that I didn't have these big operations they had me discovering that my happiness equated to my loving discovering that my thinking was the cause of things happening to me in my life gave me more and more freedom freedom from unconscious compulsions that I had I had to work I had to make money, I had to have girls freedom in the feeling that I am now able to determine my destiny I am now able to control my world I am now able to arrange my environment to suit me enlightened my internal burden so strongly that I felt there was no need that I had to do anything thus this happiness was so great it was a new experience for me I was experiencing a joy that I never knew existed, never dreamed could be so great and if this is so great I am not going to let go of this until I carry it all the way I had no idea how far it could go I had no idea how joyous a person could be so I began digging further on how to extend this to others and further began changing my attitudes on love I would imagine the girl that I wanted most marrying my friend or the boy I would want her to marry least and then enjoy there enjoying each other to me this would be the extreme in loving and if I could achieve it it would give me more of this wonderful thing that I was discovering and so I worked on it and I took a particular girl a young girl I took a particular girl and I wouldn't let go until I could really feel the joy of their enjoying each other then I knew I had it or almost had it then later on I had further tests of this in talking to people who were opposing me in no way and I was trying to help them and I would try to see feel the greatest of love for them when they were attacking me and it was so wonderful I would without any thought thank them so profusely for having given me the opportunity of talking to them and it sure ran into a dither in question but I really felt that I thanked them from the bottom of my heart for having given me the opportunity of loving them and really making it as difficult as I possibly could I didn't express that to them I just thanked them profusely from the bottom of my heart for the opportunity of having another talk with them then I knew I had it it was the love of a Christ contemplating the source of intelligence and energy I discovered that it too was available in unlimited amounts and that it came simply by freeing myself from all these former compulsions inhibitions tangles but I didn't have to do anything I didn't have to be subject to anything seeing this allow this power that was right behind my mind to flow through like it was never flowing through before and so that I had dammed up this energy this power and

all I had to do was pry loose the logs of the dam and that's what I was doing in discovering these things I was removing a log and allowing a synchronous flow just like a water dam would flow if you just pulled the logs out one by one and the more logs you pull out the greater the flow and that was all I needed to do to remove these logs and that's the infinite power and energy flow and there were times when I'd get this realization of what I am that would put so much energy into me I would just jump up in the air from my chair I would go right straight out the front door and I would start walking and walking and walking for hours at a time and sometimes for days at a time I just felt as though my body could not contain it but I had to walk or run some of it off I remember walking the streets of New York City in the early morning sometimes just walking in a very good pace not being able to do anything otherwise I had to expend some of that energy so to use and as I said I would not stop until I could see the end of the line when this happened I would go higher and higher and higher and say oh my god I'm looking higher than this and I would try and I would do better I said oh I can't do anything higher than this so I would try and go higher but oh there can't be anything happier than this until I realized that there is no limit to it I would get incapacitated I had to look at my body I mean I couldn't move it I was so tough heavy with ecstasy and dream I was actually incapacitated I would do this for hours going higher and higher and then I would have to work for hours to keep coming down and down and down until I could start being the body again in order to operate it I saw the source of all this energy all this intelligence was a characteristic that was basically harmonious and harmony was the rule of the universe and that's why the planets were not colliding that's why the sun rose every day and that's why everything went and on discovering this harmony it fell in on me

[Speaker 3] (4:59:38 - 4:59:39)

I would

[Speaker 1] (4:59:40 - 5:06:32)

go out into the streets people would look at me, smile and say hello and I didn't want to park my car people from the sidewalk at a time sometimes would get off the sidewalk there and help direct me into a tight parking spot policemen taxi cab drivers they'd give me their parking spot when I couldn't find one everything was falling into one thing at that time I don't think I ever got to say this I never remained a red light I flew extreme I would drive to New York City and meet the red light I began imaging things that I wanted, small things and they came very quickly and I realized the only thing that stopped me from getting something big was I just didn't dare to think big so I asked myself what's the biggest thing I can think of in the way of things and I said, gee, a Cadillac with a specially built body so I pictured a Cadillac with a specially built body and I saw myself riding in it and it was mine and I dropped it in about two weeks an acquaintance came to me and said Lester, I just bought you the most beautiful Cadillac

and he described it it was the color I had in mind everything just like I had seen it he said a friend of mine bought it, a specially built body but he doesn't want it and I got it for only $54,000 he said that, I looked at him I didn't have the money he said, oh don't worry about the money he says, I'll pay for it however overnight, I thought about it I had just gotten rid of my car it was a nuisance in New York City it was far cheaper to go by taxi and far far more convenient than it was to own your own car so I had given up my car and I said, this car will be just as nuisance as the one I had before and also I did not want to be in a position where I would be the envy of men and thirdly I said to myself, well if I've done it now, I can do it at any time I want so the next day I refused it and it went and I tested it again and again of course before the Cadillac I tested on small things and I discovered it worked and I realized I was limiting myself and that's what caused me to think what's the greatest thing I can think of a Cadillac, especially being a body and I felt the limitation and I visualized that as being mine in the thinking and then I dared even further it was cold and I went to a short vacation of two weeks in warm country and Los Angeles was furthest away from New York City further than Florida so I said, well I'm having a vacation in Los Angeles over the Christmas and the holidays with full confidence that everything is ok and taken care of I walked out of the house I immediately bumped into a man I hadn't seen for many many years he said, what are you asking I've been looking for you remember that money I owed you I didn't know what happened to you and he paid me enough money to buy me a round trip TWA ticket to Los Angeles which I did and immediately left and I got to Los Angeles I called an old friend he said, oh I'm so happy you called we just got a new apartment we have an extra room and you must stay with us where are you he picked me up the next morning he was in the kitchen thinking, gee where I am living in Los Angeles without a car I dreamed about your legs and I said, well that's taken care of and I got there the next thought came to a girl an old friend that I had driven some years earlier from New York to Los Angeles and he said I've been thinking of you where are you, I want to see you I'm coming right over and he was able to see me in a matter of 15 minutes we're having coffee over the kitchen table and without my asking he puts his hands in his pocket takes his keys out throws it to me over the table and says, you've got my car as long as you stay here, I have no need for it I'm living near the studio and I walk to work and say thank you so I had everything I needed by that time and after all about 10 days he said, well I'm going to go back to New York, it was about January the 3rd I called up TWA and they said, oh I'm sorry you have no reservations for 30 days all taken up and we can't even put you on a waiting list because the waiting lists are 30 or more people

[Speaker 3] (5:06:34 - 5:06:34)

and he said

[Speaker 1] (5:06:34 - 5:12:44)

thank you and I hung up and I said yeah, here's your reservation and he said, I'll go and

go the next morning I woke up and asked myself, do you want to go? and he says, yeah I think I want to go ok, pack your bags and go I packed my bags and got back to the airport about 10 o'clock asked where the planes depart from New York, for New York went to the gate and the man was loading a plane for New York, and I said how about any man shows he said, who is the man?

just stand here while he was loading the woman asked the same question and he said, I don't know but if you stand behind this man you'll find out if they are behind me he loaded the plane walked right toward me put his hand around me took this woman by the arm and put her on the plane as far as I was concerned everything was going him ok he came back to me and his jaw dropped his mouth opened and he realized what he had done so I had to calm him down instead of him calming me down and when I calmed him down I said, well, when's your next plane? he says, oh in about an hour oh, there it is coming in right now he put me on that plane which got me to New York two hours earlier than when he took me off and it was a non-stop flight the first one I ever had had cross country at that time they all made at least one stop non-stop flights were new at that time in the days of the D.C. sixes and sevens constellations and no jets at that time it wasn't too easy for them to make cross country non-stop flights then I remembered when I hung up and said, who needs a reservation?

I said, not only that I want my first non-stop flight cross country and that was the reason for him putting me off that flight and putting me on the next one and so I got back to New York to New York started out with no money came back with no money one morning about two o'clock in the morning with hardly no traffic on the west side drive in New York City I was going along about ten miles above the speed limit which isn't bad two o'clock in the morning and no cars around and all of a sudden from nowhere there was a policeman behind me ordering me to drive off the ramp I went off the ramp and he gave me a ticket for speeding the next day I was going in the opposite direction town on east drive in the mid day I decided to pass a car and as I was passing him I went five miles an hour above the speed limit and got a ticket for it and after the second ticket I said something is wrong here what am I doing to cause this and I was going back to just a few days prior when I was saying to myself I should cut out this speeding habit I have I can't seem to do it how can I do it well some good tickets will do it for you at the time it was sort of like day dreaming and I wasn't aware of what I was doing but when I asked what did I do to cause this that thinking came up I looked at it and I dropped it and reversed it and the speeding tickets stopped and I thought that what that forming I thought was so real and solid wasn't real and solid it was a product of my mind and therefore my solid concrete foundation was cracking and I knew I had to let go of it it was not easy to let go of something that spent most of my life building up that caused me to shake I could tell that the adhesion of my stomach and duodenum was undone because formerly in the post-toxic movements of them that were not together I used to feel as though my whole stomach was jumping up and down and after this healing I never experienced that again

and therefore I knew that all the other things that I thought were corrected were corrected were healed my heart was 100% okay because after that I would exercise strenuously and nothing bothered me I once walked out of the house feeling fully convinced that I need no money that I am going to eat and as I walked along the street I met a friend who said hi Lester started talking to me and invited me out

[Speaker 3] (5:12:44 - 5:12:45)

for lunch

[Speaker 1] (5:12:47 - 5:21:35)

there was another time I went out without money knowing I was going to eat and I saw a 5 hour bill on the ground and I picked it up and that paid for it the reason for my proving things should be that in order to ensure myself that I wasn't kidding myself I held on to a maxim that I only know that which I can do and therefore I proved everything by doing it seeing on it is a new thing I decided one day I want to see it tickets I didn't know at that time were impossible to get when was going to see the picture walking down broadway talking to a salmon shop right near the theater and there was a salmon and he asked me are you going to Siena? I said yes he said the show is going to begin in a few minutes I said oh that's alright this is where you have your ticket don't you and I said no he said you don't have to get in there I said oh I'm going to see it I ate my sandwich when I got to the theater it had already started and I couldn't get anywhere near the window because there must have been 60-70 people between me and the window however the doorman in uniform was standing right alongside the window and he looked at me and motioned what do you want? and I put my finger up one and he motioned ok he got one ticket, rode through the crowd gave it to me and told me the price of it I gave it to him and I walked right in I know the show had been on only for about 5-10 minutes I didn't miss much of it and I see and I saw a very unusual thing you're watching a movie and you feel as though you're right in the little roller coaster and things like that, it's beautiful it's a really interesting experience that I had so nothing's impossible and everything falls into line I didn't even have to break through the crowd or go through the window to ask to give me a ticket please the doorman saw me, asked me what I wanted over the heads of everybody he was gone I put my finger up one got the ticket, brought it out to me and I went right in no way the wonderful feeling that goes with all these unusual things is not the unusualness of it, but the feeling of God in operation when you see the God part of you and you know that your very essence is God, that is the delightful thing and when things are happening, it's not you it's God as you're feeling and this feeling of God in operation is the most wonderful feeling the more miraculous or unusualness of it means nothing to you but the oneness of God is the greatest of all things when I started my search I was a very convinced and absolute materialist the only thing that was real was that which you could feel and touch my world was as solid as concrete my understanding of the world was as solid as concrete and then some of these

revelations came to me that the world was just a result of my mind that the world was an afterthought of my mind my my thinking determined all matter that matter had no intelligence that our intelligence determined all matter and everything about it but when I saw that the solidity that I formerly had was only a thought itself and a nice solid concrete foundations began to crack twenty years of build up began to tumble and I finally slipped and slipped so much I could slip for days I just slipped like a nervous old person I knew that that concrete view I had of the world was never going to be again but it didn't drop away gracefully with ease with ease I actually slipped I think I slipped the whole thing loose then my view was just the opposite of what it had been once previously the reality the real solid thing was not the physical world was not my mind but something which was much greater the very essence the very boomness of me was the reality that it had no limits that it was eternal and that all that formal thing I saw was the least of me rather than the all of me that the all of me was my beingness I saw that I was responsible for everything that was happening in this universe that I was responsible for the least action of the farthest individual person of being in this universe because my beingness was the one and only beingness that was the cause of everything it was my beingness that did the thinking my beingness created the mind my beingness created the mind and the mind created the body the basic source of everything is simply my beingness someday you'll see it you'll see it in this whole universe you'll see it someday the slightest thought you have for anything comes to you immediately a harmony of living love after this three month period I wanted to prove everything knowing that I was going to try to convey this to the rest of me the first thing I decided to do was to become a millionaire to prove to the world that anyone can be a millionaire just by conviction anyone I guess anyone can be a millionaire so I went into the real estate business

[Speaker 3] (5:21:36 - 5:21:37)

with no cash

[Speaker 1] (5:21:37 - 5:23:50)

and I was buying apartment houses through mortgages and loans with no effort these things were coming into me until I had built up 23 apartment houses 20 to 40 units each it got into me so easily then after I had it accumulated then a heart attack came to me now drop this it's just a shirt on the mat and from here on produce everything you want at will when you want it and since that time it has been operating for me everything I need comes to me as I need it and that's the way life should be for everyone just like it is for the sparrow do the birds have to work hard, struggle, and calculate and pile up in order to live? no, everything is provided for the animals are thirsty, do they have to have maps to find out where water is?

no instinctively, they're led right to it and if God will take care of the animals and the birds, he will certainly take care of us we need to accumulate accumulation is obviously

a sign of insecurity everyone is convinced that he must do what he is doing in order to survive and that's the only reason why he must do it everyone is right because I think he makes it so whatever I think

[Speaker 3] (5:23:50 - 5:23:51)

will happen

[Speaker 1] (5:23:51 - 5:58:13)

I think all people are crooked I experience that all people will be there trying to be dishonest with me most everyone implicitly I know from experience I have trusted when I was in a real estate business one man who was known to be dishonest by handing $6,000 in cash to go buy a building he took the money and says you trust me with this?

he says yes and he went for a gesture and until he was drunk on music and he hugged me and said you've got nothing to worry about and he went out and he got the deal he went to the apartment house turned out to be very profitable and I started to talk with him every deal had to be a very harmonious deal everyone in it had a game made sure if there were a broker in it he got his full commission if the seller was son he benefited by getting what he wanted, the building sold and if it was a lawyer he got his share everyone benefited in every deal and that's the way deals all deals should be there's no need for anyone to suffer everyone should get what he wants out of it, every seller wants to sell every buyer wants to buy harmony is the basic law of the universe after a three month period, I attended a metaphysical group, just two short blocks away Dr. Schaefer's group and he would call the students up to the front and ask them to give a talk to the group and when he first times he called me I told him I didn't want to go up he sort of bypassed me and then after he stopped asking me I realized this is silly, the only reason why I wasn't doing it was the old tendencies remain but the effectiveness of them is totally gone the compulsiveness is done away with even though the tendency remains it's like a burnt rope it looks like a rope it seems to be a rope but it has no skin, if you go to pick up a burnt rope it just falls apart and so soon I volunteered to go up and give a talk first time in my life here I am up in front of a group of about 60 people talking on frequencies and vibrations and I got up there and I was so surprised I wasn't nervous I was looking at them they were looking at me and as I was talking I had a second thing going on in the background gee, this is easy I never knew it was this easy and that was my first experience in my lifetime getting up in front of a group and talking that was probably 1953 the super sensitivity drops away because your ego drops away whereas before I was hearing them all the time if I heard someone coming out with an anti Semitic remark or anti any other remark I saw them I had compassion for them I saw them hating I just had a feeling of more love for them because they needed it the only one they were hurting with their anti was they themselves, they can't hurt anyone else with it the other one else wants to feel hurt and once I was on Madison Avenue or Fifth

Avenue I forget which where the most beautiful and very best dressed women of the world go shopping during the day time I looked at them looking in the windows of those very expensive shops and I looked at them and I looked at the mannequin and I looked at them again and I looked at the mannequin again and I did it a third time and I couldn't see any difference and I said holy mackerel and that's what I thought was beautiful they're just mannequins they're interested only in the skin the outer skin of their body dressing it, pampering it spending untold sums of money on it and the only real beauty is they themselves not the outer skin so what became beautiful to me was a person of high love the soul of a person and I remember an incident where I was saying to two fellows of the girl I had known gee isn't she beautiful I could tell by their looking at me that there was something wrong I said well isn't she and they shook their head no and I looked again and I says oh I see what you mean and she was in their eyes or in physical eyes a homely girl but she was quite spiritual that's a bad word she was high in her capacity to love and basically that's what is behind all beauty love so my concepts of beauty did a flip flop the ones that I thought were oh they're the greatest turned out to be like mannequins and others whom I would have thought horribly homely turned out to be beautiful I was so at home anywhere and everywhere that in Dr. Shaffer's classes where he taught always the finest everyone was so well dressed so neat so proper that I had the nerve to come in with a beard my hair not combed and dirty slacks on of course everyone noticed it but very properly no one said a thing to me and I sat there 100% at ease in spite of all them looking kind of dagger-eyed at me I did it on purpose it proved to me I had no reaction no ego left I always held the maxim back in my mind that I only know that which I can do which is an excellent check upon oneself I only know that which I can do and so I would do it test it out and if I did find any reactivity I did find anything not up to perfection I immediately went to work to correct it until it was the ultimate and that particular thing was achieved I did everything to the extreme limit to be sure I had nothing left on it no more hang-ups on any particular thing the trip to L.A. was for the purpose of proving that I had discovered and knew and always with that maxim maxim I only know that which I can do I believe I went step by step from smaller to bigger and bigger things that's what I was really doing that was a big one to walk out with any money and go to Los Angeles so I packed my bag walked out of the apartment with absolute full confidence that I was on my way to Los Angeles with no doubt that it would not happen and so it did and it's not a test it's a proving test implies doubt any doubt would stop it from working when that went out of money because I wanted to prove I could have anything I wanted without money well you don't need money then when you demonstrate things you never think of money you never should think of money because instead of the thing you'll end up with money but thinking you need money to do things is a doubt really higher consciousness determines a lower consciousness that's why people serve me yet it's true for everyone whenever we think every molecule in the universe moves to fulfill that thought and I knew I was going into that movie most people think negatively and are creating that for themselves most people think with very much limitation and create that for themselves but I was thinking I was thinking always

knowing I was going into that movie I was so absolutely convinced that it had to happen but there's only one mind, there's only one intelligence and we are all in it and so this man's mind was turned and tuned in my direction anyone who has the absolute conviction of anything causes that thing to come about anyone who has the absolute conviction that he can be a millionaire can be a millionaire this requires no subconscious doubts to it because the unconscious doubting would get in the way when you're up in tune with the universal mind in which everyone is in, your power of its use your ability to use it is greater really than others and it affects them that way in your direction it's a high state of love you're swimming in a high sea of giddy punch drunk this in which everything, you love everyone you can even go up and hug and kiss a tree and that goes over to other people and causes them to want to love you and do things for you I saw that love was doing for the other one what the other one wanted it was a giving without any expectation of receiving for it and here I was wanting something in return for my being nice that was the reason why I was being nice, I wanted something when I first moved to Virginia she had gotten very sick and I dutifully visited her and spent a lot of hours with her when she was not too attractive a condition and she had thrown up on a chair and I sat down in it and she was so horrified and apologetic about it and I very gallantly said oh that's nothing at all, I said I don't mind it one bit and I kept just wiped my pants off and sat down that was being nice to her to win her over and I knew it would and it did so I went back to the incident this incident and I saw that I was really very annoyed by it and very uncomfortable and then I just acted as though it were nothing only to win her and when I saw this selfishness I resolved uh-uh this I dump this I let go of and I did and I changed the feeling right there and then of wanting to do this just to get her my way to one of just feeling love for her each time I would see these incidents I would recognize now originally I thought it was really love I would first recognize that it wasn't love and I would let go of that and then feel love for the girl or person which is a nice feeling you like and approve of that person the way they are or accept them just as they are the incident was a little souring of the sweet love instead of then I knew I had it I think it would be better to say this was good news to me because like in other things I was able to carry it to the extreme I could love people who were opposing me I struggled to keep the businesses going but inwardly I had lost interest and I struggled because I knew that was the right thing to do you don't take a going business and walk away from it I went into it to make money so I kept struggling but at the time I was not aware that subconsciously I lost interest in it because subconsciously I was not getting what I wanted I was seeking happiness and when I was terribly involved in building up the business I was so busy I didn't have to bear with my own inner thoughts that I could not stand when the business became successful there was time on my hands I wasn't plagued by the problems of it like when I was building it up and there was always a relief when those businesses collapsed I remember there was always a relief you see at the time I wasn't aware of this happening it was only after realization that I became aware that I was the cause of a collapsing at the time I thought they did it to me I blamed the hitching post on the war having started and business having dropped off for a period of

time blamed the loss of the lumber business on the big operators dropping the price of lumber but there's ways out of that and I didn't take them I wasn't really wanting to I wasn't interested I wasn't aware of the fact at the time if everyone were in harmony there would be no waiting in line for tickets there would be no one clamoring around a box office trying to get them when everyone's in harmony there are enough seats for everyone and everyone walks right in without needing a ticket you don't even have to pay for it nature provides in super abundance when we get in tune with it there would never be such a thing as shortages there is unlimited infinite energy available to us as well as a super abundance of everything we would want to use that's when you're in tune with nature no effort is needed when you're in tune with nature efforts required when you're working against nature you're not in tune with it this world was put here for our use and play the idea of nature needing to be conquered is a very negative idea what needs to be conquered is our negative ideas then only positive things happen the only way to feel love is to love you can't turn it on like a faucet it's a process of dropping your hate hate and love are two opposites of a pole and the more hate you have the less love you have so you to get to love you've got to drop hatred this concept of I'm going to love this one you can't love any more than you've got no hate in you agreeing with someone is more loving than disagreeing with them, that's all that means but it doesn't show how to increase love everything I say is required and helps one increase love I communicate with them talk to them that helps that's lower level approach for people to increase one's love communicating with people helps why?

because first we recognize them we're getting away from our self-centering when we do that and then when we talk to them we discover that they are like we are and that helps us better identify with them and identifying with them is love and as we talk to them strangeness drops away and most of us fear the strange the unknown so talking with people tends to do away with the unknown and the strangeness of them and therefore we feel more affinity for them and they for us so communicating with people is one way of increasing one's love changing the feeling I had in the past can help me now because when I review it and I see it was non-love I feel love in that incident right now so I'm converting what was non-love to love at this present moment there's nothing about subconscious when I now review something that was not with a feeling of love but right now I feel love I am at this moment increasing my loving I use those incidents again and again that turn on love and feel it and learn to love in those former incidents I was trying to get love and not feeling so good as I can feel right now when I feel love one can if one wants to become a millionaire any person can be a billionaire or a trillionaire or a quintillionaire if that was if that was consciousness that this truth that I speak of works when your inner conviction does it when your thinking does it, when your unconscious thinking that is negative on a thing is overwhelmed by the conscious thinking to the contrary that you can then you can right now you're unaware of what you had for breakfast yesterday but when I mention it to you, you start thinking on it you start looking for it and those thoughts come up into consciousness you remember it I had

bacon and eggs a rash of bacon before I asked you that question you were not conscious of the fact that you had a rash of bacon for breakfast the day before or a week before and my asking of that brought it from the unconscious into consciousness I I always had a the idea that a draft would give me a cold and it used to actually give me colds one day thinking on it while I was sitting in a breeze enjoying it I said boy this is the same thing that I call a draft that gives me colds and here I'm enjoying the thing and not getting a cold it's a cool breeze and I said that's silly to hold on to that thought that a draft gives me a cold and after that I never got a cold again from a draft I changed that unconscious thought that drafts give me colds to one that a breeze a cool breeze is nice and does not give me a cold that actually happened to me thoughts are the only things that dam up the infinite being that we are but they don't necessarily have to we can have large thoughts for instance I'm a billionaire I can be a billionaire I am a billionaire I can fly like a bird I can swim like a fish run like a deer but we're absolutely convinced thinking that we can't run that fast so our thoughts are our limitations and even a large thought is limited to the largeness of it it's still not infinite you can always have more can't you and more and more and more and that's what would happen in thinking you always have more and more and more and more and more first you want to get a hundred thousand then you want a million and you want more millions and you want hundreds of millions and you want billions and hundreds of billions and today we have trillionaires and the trillionaires won't stop they'll try to become quadrillionaires if they become quadrillionaires they'll want to be quintillionaires if they become quintillionaires they'll want to be septillionaires I'm not sure of that one octillionaires septillionaires that manifests determine the amount of the infinity that manifests for us we drop thoughts of limitation and take on thoughts of less limitation I was so clear when I started I had one foot in the grave and when I saw that my thinking was caused for what was happening to me I immediately saw my body from my chin down to my toes as perfect and instantly I knew it was perfect I never even thought of the idea of checking it out I knew the lesions and adhesions of my intestines intestines were perforated ulcers were undone I knew everything within me was in perfect running water and it was and as I saw the source of all intelligence was right behind my mind that my mind was broken through bits of it I allowed more and more of it to come through and digging for this wanting to know what am I and seeing myself reveal to myself more and more as in with less and less limits on it I wanted to go all the way on that and I began to see that the only limitations I have are the ones that I accept so looking for this

[Speaker 3] (5:58:13 - 5:58:15)

unlimited being

[Speaker 1] (5:58:15 - 6:06:57)

that's I already had inkling of that I was I got insights of this tremendous unlimited being that I am and on seeing that I right there and then realized well, I'm not this limited body

that I thought I was I'm not this mind with its limitations that I thought it was and I undid all body limitations and almost all mind limitations just by saying I am not it finished, done, period that's it so declared it was obvious to me that I wasn't that body and mind that I had thought I was I just saw it that's all simple, you see and I let go of identifying with this body and when I did that I saw that my being was was all beingness that beingness is like one grand ocean it's not chopped up into parts called drops of bodies it's all one ocean which caused me to identify with every being every person and even every atom in this universe and that's an experience of so tremendous it's indescribable you see that the universe is first you see the universe is in you then you see the universe as you then you know the oneness of this universe then you are finished forever with separation and all the hellishness that's caused only by separation then you can no more be fooled by the apparent limitations of the world you see them as a dream as an apparency because you know that your very own beingness has no limits and should you choose to express them you can however you don't because of your compassion for others in fact if they cannot take it you hold it in the background you hold it away from them rather than impose it on them and that's why the masters rarely rarely ever show their abilities what they want is the other one to discover that the other one has all these abilities nothing is impossible when you get into that state there's only one mind and we're we're in tune with it, everyone fits together perfectly, no one has to be told even what to do when I saw that the mind was mine that the body was mine I began to question who am I who has this body and mind and what I saw was that I was an unlimited beingness that this beingness was the cause of everything and yet was not subject to whatever it caused or created and this beingness being unlimited the only limitation was created by the mind limiting itself or by my limiting the action of my mind that beingness is simply existence isness amness it's the I that I am it's the I-ness of me and that part is without limitation when you discover this the first thing you recognize is that there's no need to be a victim of your environment to be a victim of nature that you can consciously create your circumstances to be the way you would like them to be and from then on your consciousness is well known I have everything I need as I need it everything is in perfect attunement everything is okay everything is good and because of that consciousness that becomes your world everyone makes his world by his mental conceptions everyone sees the world in accordance with his ideas and conceptions you don't like the world out there? change your thinking and the world will change now of course your thinking includes your subconscious thinking the thoughts that are in your mind that you're not looking at they thought I'm not looking at, at this moment is unconscious the moment I look at it, we call it consciousness or conscious so the unconscious thinking is the stored up accumulation of all our past thinking that we're holding in the background and not looking at it for the moment because we don't want that that looks to us like a tremendous piece of work to hold in consciousness everything from the past and so we store it in the background and we call it unconscious the unconscious thoughts are effective whether we look at them or not at the moment and the only way to handle them change them

[Speaker 3] (6:06:58 - 6:06:59)

is to

[Speaker 1] (6:06:59 - 6:31:19)

make them conscious and then on a conscious plane we can change them that's what I was doing while I was making this tremendous growth I was freeing myself from all the former concepts of limitation that I had accumulated until I felt no more limitation until I had no more, hardly any more thoughts of limitation if you let go of all of them you disappear because the body is a limitation the body would disappear, you wouldn't disappear the logs in the dam are the subconscious thoughts which when they're pulled out the infinity behind the dam can flow through you the reason why people do not discover this is first they're not looking for it where it is they're unconsciously all looking for it in a thing they call happiness but they do not know that this happiness lies in their discovering that they are beings with no limits and by force of habit they accept that they are limited to their bodies to their troubles and the accepting of it is the continuing of it and as we continue it we make it better and better and better so our problems, our difficulties get better, get more and more and more when they go to the extreme like they did with me it seems that only then are people shook up enough to re-question the entire thing enough to see that the way that we are going is not the way that our happiness does not lie in fame, fortune and in being loved when things get to the extreme they realize that those seeking those three things invariably end up in frustration and unhappiness and then when they hit the extreme there is only one way to go not the way that they were going looking for happiness and materiality but to go within and question what is this all about then they will discover what I discovered anyone can do it if first he hears of the way out and second believes that that that this is the way out and third wants it so much that it becomes first in his life more important than anything else more important than seeking the happiness the way he had been seeking it then he discovers that he is unlimited that his joy has no limits that the real natural way of life is perfectly harmonious that nature is harmonious and that all he needs to do is get in tune with it and live it if I could start with something and tell you my impressions of you it appears to me that since I was here last time people seem to have greater more intense problems this is for all people in general not someone in particular and also for the majority of people that I was talking with which is more than what we have here just tonight alone before I came I spoke to five different people who are not with our group they weren't with our group last time either now this intensification of problems appears as though people are going backwards that it isn't true people are beginning to rise to this state where they can outwardly express themselves their problems are now coming out into the manifest rather than staying held in the mind some people are very apathetic it's difficult for them to express it's difficult for them to do so their problems remain around in their mind most of them don't come out in the world when they get just one step above that they're still in this apathetic state which is

a very low state and they're beginning to acquire some of the capability of doing and then their problems become manifest it seems as though the world is falling in on them it's actually a state of growth to move up from the tamasic the complete tamasic state and come up into the beginnings of the rajasic state and that's the state of tamasic rajasic are you all familiar with these terms?

tamasic, rajasic, chakra, religion so when we come up into this tamasic rajasic state we begin to do with tamasic tendencies so we're somewhat destructive and that includes ourselves so we become destructive to ourselves, we have problems and things seem to get worse sometimes we think we're going backwards but actually we're moving ahead now the step above tamasic rajasic would be pure rajasic one of doing it right in the middle you're equally destructive and constructive move up another step move into the rajasic traffic area where you're a big doer constructively you step up from there you're going to the southwest state you don't have to do you just have to be so the overall picture then is that the world is moving into this moving up into this tamasic rajasic state and everyone seems to have bigger and better problems now it's not everyone of course the percentage of those on a path is less than a percentage of those in the world they're all involved in this you see this in the race issue juvenile delinquency Vietnam Cyprus Congo everywhere the way they're coping with it is in a tamasic way a destructive way problems don't have to be solved by killing each other by violence, by wounding problems could be solved by discussion and should be but it's a step forward from a lower state the world today is in a very low state of being it's usually called the materialistic age if you haven't read Sri Yukteswar's holy science on this cycle it lays out the various cycles of earth and how we go from the top to the bottom to the top every 24,000 years we came out of the lowest stage of 500 AD we know what the dark ages were we're moving into the second stage and we're having the growing pains of getting out of the first into the second but the second is not a highly spiritual stage it's a stage where technically we advance tremendously the third stage begins the state of we know this is a mental world we stop fighting each other and we begin to love each other the fourth stage is a state which man knows is beingness in God however at any time whenever anyone chooses he moves into the highest state we don't have to stay at the level that the world is in, in general and those of us who are on the path are pulling up out of this general level of the world aren't we lucky? to the world everything is hopeless they feel helpless we know there's a way out no matter how much it hurts we know there's a way out, we have a hope and what's the way out? not looking to the world for happiness not looking to people for happiness but looking for the place where happiness is and that place is right within us within our consciousness it's our natural inherent state which we have through ignorance undone by imposing concepts of limitation I need this, I need him I need her and if I don't get these things I have trouble, I am hurt growth is only letting go of these concepts of limitation or on a positive side going within and seeing this unlimited being that we are anytime we have trouble anytime we have a problem we're trying to be the ego we're trying to express the self through the limited

ego and it's too small, gets squeezed and it hurts so if there is a problem the thing to do is to ask yourself what am I doing where is my ego demanding seeking and so forth if the answer comes if you see how ego on your causing this so called problem you pull the cause up from the subconscious into the conscious and once it's conscious you naturally let go of it the reason why one doesn't let go of it is because the reason the source initiated this difficulty is subconscious so either we make the source conscious and let go of it or we know strongly enough that we are not this body, this mind, this world we are the self and when you feel the self the fear of the self is nothing but unlimited joy what more do you want now you got everything that sounds quite inviting when I say any problem, any trouble is ego motivated but that that you'll find is true when you be yourself there is no problem there is nothing that will not fall into line perfectly harmoniously with no effort the more ego motivated we are the more difficult the world is the more difficult it is to accomplish something the less harmony there is and the greater the misery we have and it's really as simple as I'm putting it what's not easy is to let go of these wrong habits of insisting upon being an ego the habits I've been well ingrained over millenniums or maybe hundreds of thousands of years but all of us on this path are now letting go of these things and we don't let go easily because of habits that's been there over a long long period of time however the moment we choose to let go then we can if we say we can't let go it's because we really don't want to the desire to let go of the misery isn't strong enough but actually it's as simple as this, not easy but simple but once we accept it see the simplicity of it all we need to do is affect it and no one can do it for us but we ourselves we have to let the ego go the ego is I am an individual let this I have a body I can do things that's wrong if I am the self there is no Lester I have to get Lester out of the way and let the self of God operate actually you'll move you'll sort of float through things but there's no effort if there's effort it's ego now of course you're going to have to use effort because you're not starting off as the fully realized self because you see when this girl goes to the extreme she lets go and things happen effortlessly that's letting go and letting God professing faith professing all these things doesn't do it actually having them does it the fact that she has trouble with faith is absolute proof that she doesn't have the conviction of God because God is all God is perfect and if God is all and God is perfect everything is perfect what is there left for me to do and if you take that attitude so be it when there's no effort there's no ego when the effort is extreme there's extreme ego and you're going to use effort until you're fully realized now there'll be times when you'll use no effort and everything will fall perfectly into line for you so at times you'll be yourself be the witness be not the doer let it happen God's will whatever's happening is good be it good or bad it's the same thing whatever's happening in the world is happening in the illusion anyway what difference does it make whether you have a dream if the dream is good or bad it's still a dream but the reality of you is perfect all joy all glory all happiness you'll always breathe you'll see the truth there's nothing out there but your consciousness everything you see is in your mind right where do you see anything and everything in your mind take away that mind where is everything time when you do this when you lay yourself down to sleep you let

go let go of the mind and this whole physical world drops away so whatever is out there is your consciousness so if you set up another person and a problem that's your consciousness be the perfection and that's all it will be the moment you recognize the problem you're stuck all there is is a singular oneness throughout and you are it that's why I say you can't get rid of a problem because you recognize it it's real and the moment we see the real thing the perfection there is no problem instantaneously it will just be our natural self so we're trying to be a limited ego that takes effort it takes effort to be limited when your natural state is unlimited and the more you try to be limited the more effort it takes but to be your unlimited self it takes no effort but that's your friend when she got to extremes she let go and everything was straightened out no effort all the time she was trying and trying things were getting worse and worse I say all she had to do was be herself and she locked herself in a chamber somewhere with a padlock the thing would have come to her you don't sit down and wait you don't do anything you just know that everything is perfect and then the slightest thought you have will come into being immediately there's no limitations on God the self even if you thought this way in an off pole whatever you thought would have to come into being you'd be let go because you're invoking your infinite power nothing can stop it

[Speaker 3] (6:31:22 - 6:31:24)

praying is

[Speaker 1] (6:31:24 - 6:40:02)

for those who are not beyond praying when you know as much as you know to whom are you praying to if you are that why do you have to pray to it see praying admits duality I pray to God that's why that's just a demand he doesn't say ask when one prays one should pray for one thing only more wisdom so that you eliminate all need for any prayer for any asking however it all depends on one state of understanding most people in the world today need to pray at the beginning but prayer admits duality now this is the weakest point in the christian world, duality God is out there we know that God is within even though Jesus said seek ye the kingdom of God within we still look for God without and he's not out there he's only within he turns out to be our very own beingness the word I is God with nothing added to it when you just say I that feeling of I that's the self, that's God but when you say am something that isn't or I am something that isn't but just pure I and only I that's all you see and all you know that's God that's why they say God is closer than flesh it's I, how close is I closer than the flesh is and that is God reminding you of what you know that you are that self so just hold on to the word I only I, I, I, I and you'll be more exhilarated than you feel now just try it on your own just I, I and not I am a body, I am a mind but I, I, I that feeling of being I think the word that describes God more than any other single word is beingness God is all beingness we are when we look within all beingness pretending we're a tiny part of it a limited body mind but when you look within you'll see that we are all beingness so beingness, beingness is

God beingness is also awareness, consciousness it's the same word later on you'll see them as identical, beingness awareness, consciousness so be yourself and there never will be a problem seeing a problem in the world is trying to be a limited ego body mind if you think you have a problem, you do if you just accept that God is all God is perfect that's all there is and look at perfection, that's all you'll ever meet with you have to wipe out the word problem, can't don't, won't all negative words in the future when man is in the state of harmony, all these words will disappear the higher you go the more you see the perfection the more you see problems, the lower you are what you're talking about is problems the people who see them want you to be the way they are they'll tell you that you're wrong this is one thing you have to be on guard against as you grow those who are not up to you will try to pull you down to where they are now it's not how much you recognize a problem and say oh boy this is a problem that shows unselfishness it's how much you love that shows unselfishness when you love you're very constructive whether you're out swinging or not just feel love, you don't have to do a thing you'll be doing more good for the world than all the do-gooders put together who are out there in action because thought is far more powerful than action it's the basis of action it's the initiator it comes before it, it determines action a high being sitting in a cage somewhere all by themselves and doing far more good for the world than all these organizations that combine and get into action now we're back to what we were talking about before the bottom stage is inaction the middle stage is a very active stage the top stage is inaction now the bottom stage is a one of inertia it's destructive, it just wants to stop everything actually destroy everything the top stage lets everything be just the way it is because everything is perfect the middle stage is the action stage that pulls you up or pulls you down as you start coming up, those who are in the active state with the destructive tendency to try to pull you down to where they are where's your conviction if you go with them if you go with them, your tendency is to believe more the way they do now the right way is easy anytime it's difficult, it's the wrong way the right way is letting go letting God and everything falls into line perfectly no effort but what we have to do it's not God it's an easy ego wanting to do, to change things, correct this world and so forth whatever will help you to do and be what you think you should do and be

[Speaker 3] (6:40:02 - 6:40:05)

to know

[Speaker 1] (6:40:05 - 6:45:35)

to know who and what you are is the very best thing there's been moments when you let go and felt your real self how does it feel you're infinite omniscient, omnipotent right here and now see that, stop being this limited, miserable Jim you want to help the world, help yourself the more you're capable of loving, the more you're helping the world what's that sentence parliament parliament cannot write the world, the people loving can the president of the United States must necessarily represent the sum total

consciousness the sum total thinkingness of all the people of the United States added together divine laws supersede man-made laws consciousness determines everything that's all there is out there is consciousness what happens to us individually is our consciousness we don't like what's happening to us in the world all we have to do is change our consciousness and the whole world will not be any different what do you think of that statement that walked that you are omnipotent, omniscient and omnipresent just stop being what you're not a body of mind a limited being so simple with no solution to problems in the world you go on forever and ever solving problems in the world and you'll have more and more and more as long as you recognize problems they exist the thing that makes you let go of problems is the severity of problems what we do is we stick our hand in a fire and we say oh it's hot my hand is burning, boy do I have a problem I come home and I say why stick your hand in a fire that's all if you have a problem you're putting your hand into a problem and yelling it hurts and acting as though you're not putting your hand into it you act as though you're not doing it but that problem is only in your consciousness it's in your mind change your mind change your consciousness and immediately the world out there has changed try it and you'll see that it's not or think back and you'll see that these things have happened already the better answer to what to do is to keep holy company rather than listen to them and try to please them mix with people who are with you in your direction you'll have no problem finding people who are not that's almost everywhere you move people are not make your friends that way also that's why it's good to have groups that's why it's good to meditate in a group Wednesday, Friday Sunday, Monday, Tuesday Thursday, Saturday and then in between just mix with people who are conscious of the positive that's the very prime good of coming together as a group your direction is you're constantly reminded of your direction you're with people who are striving in that direction and you're in an atmosphere that is moving actually opposite to what the world wants you to move in

[Speaker 3] (6:45:43 - 6:45:51)

so keep holy company as much as possible

[Speaker 1] (6:45:54 - 6:46:07)

greetings love to each and every one of you welcome back to our beautiful Sedona no one here wants to change me

[Speaker 3] (6:46:10 - 6:46:14)

laughter laughter laughter laughter

[Speaker 1] (6:46:16 - 6:46:18)

laughter especially when I say

[Speaker 3] (6:46:18 - 6:46:25)

it's simple and it's easy laughter laughter

[Speaker 1] (6:46:25 - 6:46:32)

laughter laughter of course I'm crazy everyone else is right

[Speaker 2] (6:46:32 - 6:46:33)

laughter

[Speaker 1] (6:46:34 - 6:56:08)

but I'll keep saying it to you until you let go of that wanting to change me laughter and almost overnight you'll go free laughter why? because you are already free laughter acting and pretending as though you're not are you? uh huh, that's it laughter laughter is that difficult?

just be your beingness do you have any choice otherwise? no you are free always were, always will be just stop acting unfree how? let the mind go quiet, how?

get rid of your agflat and your mind is quiet simple laughter and easy if you do it if you don't do it it's impossible so what does it take to do the most simplistic thing there is in the universe which is to be yourself to be infinite to bring you down to the push and pull I think I'm going to add something to step number one which says you should want really freedom more than you want anything else I think I'd like to add to it convert all your wants convert all your desires to one desire to go free convert all your desires into the desire to go free and I'll guarantee you you'll get it in a matter of weeks if not a few months convert all your desires into the desire to go free you see what happens then everything you go after in the world other than freedom is in the opposite direction of freedom every direction you go into in this world other than that of freedom is in the opposite direction of freedom you're looking to the world to discover yourself you think this thing can do it or that person can do it and I don't know how many of you have discovered that there's only one single happiness one single joy and that's when you quiet your mind and you just be isn't that difficult but if all your desires are not focused in on the desire of going free you're looking away from freedom you're looking to get it where it is not isn't that simple is there anyone who doesn't see understand what I just said recognize that what you're going after isn't there the desire that you had will not give you what you're looking for but the only joy is you being you when you stop chasing rainbows you'll stop all the time being outward when you start being all the time inward and releasing the desires the wants first get them under approval or control or security then release them otherwise you're wasting it you can release anger but it's not effective enough releasing one unit of approval or control is releasing one unit in every feeling so releasing approval or control is releasing hundreds of times more than just releasing on

anger would take you forever to release all your anger it's too much of an accumulation of it this goes for every feeling you've been accumulating them for millions of years but under approval or control you can wipe them all out the number one desire the number one want is for absolute security for this body right in order to get that security if I can get you and everyone else to approve of me I'll be safe and I will survive right if I can't then I want to make you approve of me so I'll be safe and survive that's control so the first wish, desire is for security of the body the second is approval the third is control and the fourth odd infinite item is on the chart but knocking out the first one wanting to survive will undo every other feeling when you no more want to survive as a body you have no more want then you'll discover the big joke you played upon yourself that you are eternal that you can keep the physical body going forever and ever but there are much better ways than cooping yourself up in a very fragile physical body you can be a whole complete perfect body and it looks like this one without its defects or you could go all the way into the total, whole, complete absolute, imperturbable peace which is just beingness which is just consciousness you're just conscious not of bodies and your body you're just conscious maybe the nearest thing to it would be like a daydreaming state where you're thinking of nothing everyone can experience the ultimate state because you're in it all the time and you experience it when your mind goes quiet it's only the mind that takes you away from it it's only the mind that makes the noise isn't that simple

[Speaker 3] (6:56:13 - 6:56:15)

it really is

[Speaker 1] (6:56:15 - 7:09:19)

it really is and it's easy if you do it you'll do it when all your desires focus in to one desire to be free after you are convinced that freedom is the most desirable thing there is you kid yourself and you think now that yes, I want freedom more than anything else well that's true you'd be free right now yes, I want my freedom but all my little toys and play acts and games in the world I've got to take care of them also those play acts of the world take you away from your beingness in a direction where you're trying to experience a beingness externally where it isn't and when your mind goes quiet you discover you set up the entire externality you set it up, it's only in your mind and when your mind goes quiet you discover it quiet your mind you'll know what the world is I can't tell you what the world's going to be like to you because it is to you what you make it it's nothing but the out projecting of your mind now what changes is your attitude toward the world, when you see it for what it is you'll see it like a night dream appears to you after you awaken from the night dream it's there but it's a dream a dream that never really was and so what is your attitude subconsciously your mind is sucked right into all that action by those feelings that's what the mind is, it's the composite of those feelings the mind is nothing but perturbation see there's such a word every thought is a disturbance how do you live without thoughts effortlessly by intuition you don't do a

thing after your mind is quieted you just witness without even moving, without lifting a finger you witness everything so what does it take to do that no more act flat see the act flat, all the feelings are programs put in as pro survival of the body have you seen that so subconsciously as long as you have a feeling you're on guard in order to survive but it's so much of it you look away from it as though it isn't and you call it subconscious but as long as you have feelings subconsciously you're in a tremendous turmoil you're on guard lest you die all the time, 24 hours a day felt like saying 25 hours a day if I can get you to see the points I'm making now it should help you stop chasing rainbows chasing after happiness where it isn't it's so obvious that you cannot satisfy a desire if you satisfied a desire it would be gone no more desire right, satisfied it's gone how long would it take you to satisfy all your present desires a short time you'd be in a state of satiety and your mind would be quiet but the more you try to satisfy a desire the stronger it becomes because there is no satisfying of a desire there's only a releasing of it you must become desireless by focusing all your desire into the desire to go free knowing that that's where your ultimate happiness lies you see you're not convinced that your ultimate happiness lies in being totally free of all your feelings if you were you'd just undo them undo them just let them push out every bit of every feeling is trying to push itself out trying to expend itself and you're sitting on top of it holding it down with that much energy plus a little more you just stop holding the suppressed stuff down it would all run out on its own in a matter of minutes it would be like puncturing a pressure kettle phew you'd be free do you see how much you're holding on to the bondages the things that are keeping you bound every desire is like an iron chain around you count up all the desires and you have all the iron chains that are binding you so to sum it up you've got to convince yourself that the ultimate happiness is freedom and the ultimate freedom is no ag flat and that when you do that then you'll naturally convert all your desires into going free and you'll do it quickly the reason why we want you to achieve gold is to bring up the anti's to it the blocks, the negative feelings so you can release them after you release them you get convinced then go for it, go all out for it and you'll discover you can think and instantly have things, I think everyone here has had experiences of things coming without effort, just for the thought of it if it happens once it can happen twice, if it happens twice, it can happen four times, if it happens four times it can happen sixteen times if it happens sixteen times it can happen sixty-four and on and on until it's all gone then you'll just think and let the world happen you notice our whole approach is letting go of, we're never with effort trying to extremely do something the pounding of the positive thinking world you gotta allow the world to be what it is there's one effort you must use and that's to convert all your desires into one desire to go free that's the effort you need to use and should use take all that effort that you're wasting out there on the world put it into wanting freedom only and just get it quickly now the times you can grow the fastest are when you're up high, most of us will use a method when the world is hurting so badly we can't stand it anymore, then we release you should release when you're up when you're up high you can bend down low and deep to get a hold of the fear of dying the fear of living the wanting to survive as a body the fear of separation it's

when you're high you can tackle the bottom line security now when you have no more fear of dying, that's it or when you're free you laugh at dying it's just the opposite of what you thought the greatest death you ever went through was being born and when you die you get a sense of freedom that's the greatest you ever had in the experience of this body so again focus all your wants, all your desires into the desire to go free get all the agflap out and be what you are unlimited get rid of your agflap and then your thinking will create without effort get rid of your agflap you can be the number one singer, the number one actress in the world you won't have a need for it though you're in a situation every moment of your life is there a time when you're not in a situation?

when you're asleep you'll never know what you're going to do after until you go free you might carry through on being the number one singer and then let it go you don't need anything, you are the all when you're free you don't have to go for everything everyone is you, everything is you it's your creation but again if we think we can't we make a goal of it, it gives us an opportunity to release but you want to be super intensive now, I'm telling you to drop it the whole thing why keep working pushing get rid of your agflap if you release once you can release twice if you release twice you can release four times you can release the whole thing

[Speaker 3] (7:09:19 - 7:09:20)

ha ha

[Speaker 1] (7:09:22 - 7:18:56)

why don't you release the whole thing because for the first thing I said you have desire for rather than freedom desire is your enemy desire is your number one enemy take your number one enemy and use it against itself take your number one enemy desire and convert it into the desire for freedom you'll be fighting fire with fire how does that sound to you when I say take your number one enemy desire and focus it in on the desire to go free but it does puzzle me as to why all of you discover that releasing is a great thing and that you do not take it all you just don't take it all why can you tell me your programs take over your programs have a mind and a power and a punch and they hit you right congratulations for taking responsibility for your programs because as long as you give your power to the programs you're finished but who gives the power to those programs who holds on to them see it's back to once you don't want to see them and that's the basic principle of the method is letting go of want want, want, want, want want when there's no more want you discover you are the all of the entire universe I still see as you're needing to focus all your desire into the desire to go free I think we ought to make that step one of the intensive and super intensive not wanting freedom more than we want approval or control but taking all our wants and focusing them into a want to go free that'll do it it's simple and it's easy if you do it so what I'm saying to you now is do it in general all the time you're out in the world you're going in the wrong direction you

think your welfare and security lies out there in the world it's only when you're releasing that you're in the right direction coming to courses like this is the very best thing you can do is stopping going in the wrong direction for a while to concentrate on going in the right direction it's about time you got together under one roof like brother monks and sisters with the resolve to go free immediately immediately you fulfill that desire your mind goes quiet and you're being it feels great recognize what that good feeling is there's one single joy happiness only in this world that's when you're being your being discover that you'll expedite you're going directly forward instead of trying to fulfill desires now because it made you feel great you'll naturally want to do it again and again and again and again and again and again and again from here until eternity desire mine enemy desire mine am I any enemy is a good motto to keep in the back of your head or put in any language you want I was quoting I think it was wrote a song or somebody wrote a song desire my my enemy but desire is your enemy because desire is simply the agony of lack meditation the prime purpose of meditation is to quiet the mind when we hold one thought within as we hold it all other thoughts keep dropping away thoughts of the day what he did to me and what she did and what I should have done and my speech wasn't well and my boss gave me a raise and so and so trying to take my job all these things are going on on subconscious levels as you hold to one thought these subconscious thoughts quiet they get still they drop into the background and that quiets the mind now I think one of the most important things in quieting the mind in meditation is interest when you're very interested in something in getting an answer to a question you'll override all other thoughts so if with intensity we want to know what is God who am I, what's this world what's my relationship to it, any of those questions there's a real burning desire to get the answer to it and we hold that question with intensity then all thoughts will drop away and the mind becomes extremely concentrated and then the answer shows itself it comes from within the answer is there all the time the quieting of the thought allows us to see it to see the answer that was there all the time in the realm of knowingness called the self so I guess the starting point would be the intensity of the desire for the answer when that desire's intense we get answers that's why man's extremity is God's opportunity I know when I started thinking is what I thought it was I had a mind that was as active as any mind could be but I was at the end of the line they told me I was finished I only had days 11 weeks heart attack and so I had to have the answers and even though my mind was far more active than the great great majority of minds, the intensity of the desire for the answers caused me to hold that question obliterating everything else

[Speaker 3] (7:18:58 - 7:18:59)

and

[Speaker 1] (7:18:59 - 7:29:16)

I started meditating with no knowledge of metaphysics no knowledge of meditation in

fact that was anti all religion and all metaphysics I thought it was nonsense sort of weak minded people who believe fairy tales and things like that but it was only because of the intensity of the desire to get the answer I had to have the answers that things began to come and they came relatively quickly over a period of three months I went from an extreme materialist to the opposite extreme materialist nothingness and only the spiritual was the all but the wish to get the answer was so strong that in spite of that mind being one of the noisiest of minds the answers began to come and I automatically fell into things I knew no word for like samadhi I would concentrate on something I'd lose awareness of the world I'd lose awareness of the body and I would be just pure thought the thought itself would be the only thing existing in this universe that's absorption when the meditator and the thing meditated upon becomes one you lose consciousness of everything but that one thought that's a very concentrated state of mind and the answer is right there then another thought would come up I first started on what is happiness what do I want what is happiness I saw happiness depended upon my capacity to love first I thought it was I wanted to be loved that wasn't it and I thought it was my capacity to love that gave me happiness what is intelligence hold to it and hold to it I see it there's only one intelligence in the universe and we all have direct line to it and this went on in a matter of three months time I believe I saw the entire picture went all the way only because of the concentrated approach I know nothing about the subject, I know nothing about the direction the way the path but I wanted to know what is this world, who am I what's my relationship to it what makes it tick and then you see that the whole world is nothing but you there never was anything but you all alone because there's only one but that isn't the final state you come out of it and there's still a certain amount of mind left so you go back into meditation until there's no more mind controlling you because when you've eliminated all the habits of thoughts all the tendencies of mind you're free then you can use mind and you master director of it it no longer determines you, you determine it now we're over 90% controlled by the unconscious mind well the conscious mind is easily controlled subconscious is not because it's a mechanism we've set up of not looking at our thoughts making them operate on automatic pilot we do it to the entire body, it's all automatic now and then we do it to all thoughts but the thought we're interested in at the moment we don't want the thoughts in the first place so we push them away we are happiest when there are no thoughts sometimes when you work with your hands you're occupied, you're very happy, right? why?

thoughts are out of the way or even subconsciously it's quieter we really don't want thoughts thoughts are the things that make us unhappy even the happy thoughts make us unhappy because if we're going to enjoy something then we're concerned about the possibility of maintaining this which we know is not going to last so the thought of the pleasure at the same time invokes the experience of that it's not going to last so even thoughts of happiness are limited because the real happy state is the no thought state the state of omniscience beyond thought now we start on meditation and meditation does seem to be a question in many people's minds who have meditated for years and

years and the best type of meditation is with questions when you just drop into a nice quiet state without questions you get a good feeling but no progress of getting the knowledge for the capital K you're moving toward the quiet state so if we want to take the shortcut we start off with the question we finally have to answer who am I we want to keep this with meditation now meditation should be with questions for more rapid growth here's where the jnanis get the advantage over the bhaktis this surrender and devotion throws us into nice feelings and they're good but a jnani goes further alright don't stop there get the answer it's only when we fully know who and what we are that we're at the end of the road so the fastest and best way to meditate is to hold the question get quiet until the answer shows itself and go to the next one until all answers are there I was very lucky that I knew nothing because intellectual knowledge about the subject is an obstacle the ego substitutes the intellectual knowledge for the real experiencing of it I was very very fortunate not to have had any knowledge of it however, my pride is you in this direction, don't believe anything start from scratch build up your knowledge on a solid foundation of proof, step by step everyone must do this and the only useful thing to us is that which we experience unrelated to driving a car if I say I know how to drive a car, you turn the key on, you step on a clutch, you put it in gear and let the gas out gradually, so forth and so on

[Speaker 3] (7:29:17 - 7:29:18)

I read that

[Speaker 1] (7:29:18 - 7:33:39)

in a book, now I get into a car can I drive a car? not until I experience it can I drive it anything on the path means you must experience everything you must, of course adopt the attitude that what these great ones are saying is so, they have experienced it however, I must check it out and prove it for myself and the basic truth is that there is only one reality, there is only one absolute truth and that is that this whole world and universe is nothing but God, but better than that is nothing but my very own self God is far away he can be miles and miles into cosmic space but my very own self is right here it's something I know about it's something I can almost make concrete, my very own self so, using himself as God, I think it's far more practical than putting him out there putting him apart from us but each one must start from the bottom and prove this whole thing out to themselves, and as the proofs begin to come the more they come, the more we accept what the great ones say until we experience the whole thing every aid should be a means of quieting the mind now if meditation is difficult, we can prepare the way by chanting chanting puts our minds on the chant itself and the thoughts of the day drop away that quiets the mind exercising the body doing certain asanas and so forth do the same thing and anything that helps is good whatever it is but the basic thing is to quiet the mind the mind is the only thing that keeps us from seeing our infinity, the mind is nothing but a collection of sorts of limitations and in meditation we try to quiet that mind

so we can see this infinite being that we are meditation should never be passive we should never try to force the mind to go blank meditation should always be for the best meditation

[Speaker 3] (7:33:48 - 7:33:49)

the more we

[Speaker 1] (7:33:49 - 7:34:44)

practice meditation the easier it is to do to get the real real deep insight requires a certain momentum when meditation gets to be more enjoyable than things of the world then we go at it with vigor and enthusiasm and desire for it and then we just can't wait until we get back to it each day and we get that momentum going the mind gets quieter and quieter until the sentient self is just glaring at us and we just laugh and people always talk on meditation, you ought to try it

[Speaker 3] (7:34:47 - 7:34:48)

you see

[Speaker 1] (7:34:48 - 8:03:29)

they have a lot of centers they concentrate on the tip of their nose, the navel the best place is up here between the eyebrows concentrating here takes your mind off other parts of the body besides it being the center for the third eye the after eye, the spiritual eye it pulls us away from the lower centers of the body come up here so if I were to recommend a spot anything but anything that helps the heart's a good place because it is a center of feeling and feeling is closer to the self than thought it depends on your background if you're a vajra jnani it would be the heart, but not on the left side, on the right side if you're a yogi it would be either the navel or the tip of the nose or up here and the place you'll like is the place you have been using your entire life when I did my concentrating it wasn't in any location it was wanting to have the answer that I concentrated on every thought has to have desire behind it otherwise you wouldn't think isn't that so? so there's more than one desire the only thing you eliminate is desire itself not desire for this thing, desire for that thing you have billions of desires to eliminate it takes more than forever but eliminate desire and you're finished nothing else to do I'll probably break the triangle down into more I think I'll start with desire in the top and come down to two attachments of earth and break that down into probably emotions and tendencies and thoughts at the bottom growth is so simple there's nothing complicated about it it's getting rid of these thoughts that culminate in tendency that culminate in emotions that culminate in desire run them out and you're totally free that's all you have to do run out desire itself think on that desire breaks down to attachments and aversions if you have desire who has it?

you have if you have it, you cannot have it unless you want to hold on to it then you can have it actually it has you you have it control of that desire everyone desires to control every other one run out desire and you run out wish to control desire tendency, thoughts are all the effect of the ego knock them out and knock out the ego vice-versa it looks different to me now than what it used to I used to give it to you like Bhagavan just discover what you are I can see now that it's more than that it's knocking out what you're not that is growth because you people can get into a high state and stay there, you don't knock out what you're not so in vichara when you see what you are you must knock out what you're not and if you're white you're not black if you're cold you're not hot so when you see what you are in vichara you're not the opposite you knock out the opposite leading in vichara that's the growth knocking out what you are not it's possible to see yourself and move away from the mind you just submerge the mind that's not growth I think you've all had sites of the self why don't you remain that way because you submerge the mind you put it aside for the time being you felt great and after a while the mind re-emerges and you don't feel great so in vichara you've got to rule out what you are not when you see what you are when you see you're unlimited you know you're not that limited body you've got to knock out identification with that limited body so again the growth is ruling out what you are not even in vichara as you see Bhagavan doesn't emphasize that does he and I can tell you Steve in the early days did I because it's so automatic if you see you're unlimited how can you see that you're limited is the way it seems to you when you're there so down below you've got to knock out that which you are not when you see what you are see when you get up there like Bhagavan is you no more see what you are not Steve forget about it well when you get into the self you see you're not the body so you don't identify as the body anymore but the growth is not seeing yourself the growth is now identifying with the body and if I move up again I'll say the same thing all you've got to do is just see what you are remember that even in vichara growth is ruling out that which you are not and you go high to see what you are so you can see that you are not the body mind and you can rule it out you drop it off so easily when you see what you are when you see what you are there's no doubt whatsoever that you're this limited clump of garbage, clay mud grime excrement no doubt about it so it seems automatic you see what you are you automatically see what you're not this body is the opposite extreme of what you are you can't be any more limited than a physical body it's the other extreme end of your infinite beingness it's one step lower than being a human physical body and it's not too much lower not saying an animal physical body the physical body is the bottom end the opposite end of infinity and this is what you hold on to for dear life and again the way should be so clear to you the only growth is dropping what you are not dropping identification with the body mind everything else it's just age to do that any questions? the whole subject sums up as drop all these thoughts to the contrary what remains over is the infinite you isn't that difficult? isn't that mystical?

to keep yourself from realizing it you read about it instead of realizing it reading is not

doing any good I really believe it's holding you back if you read you've heard me say that it's as difficult for you to be yourself as it is for you to be a female that's true but that's something you ought to work on until you see it that's where effortlessness fits in it takes as much effort for you to be yourself as it does for you now to be a female so where's all the effort?

I say that faith should be not God but happiness because everyone I think is more or less consciously seeking it actually anyone seeking happiness is seeking their very own self looking for it externally where it isn't and feeling their self only momentarily when they stop thinking the only time you feel yourself is when you stop thinking thinking covers over yourself thinking covers over happiness that's why when the desires are fulfilled the thoughts stop we're not striving for it anymore, we're happy but this is the attaining of the thing that causes our happiness it's the stopping of the thinking of how to get it it stops the thinking and allows the self to be and that's what happiness is self meaning more or less true renunciation is in the mind and is neither achieved by physical renunciation nor impeded by the lack of it that's what we said in the beginning it's not taking the world as real or running away from the world the renunciate knows that there is no happiness in the world indeed true renunciation is in the mind and is neither achieved by physical renunciation nor impeded by the lack of physical renunciation the renunciate knows that there is no happiness in the world in people or things that the only happiness is in being being the self that we are he accepts all and everything as they are resists nothing covers nothing he is therefore at peace in equipoise tranquil and serene as he is desireless and harmonizes all conflict summed up renunciation is giving up of the ego the continuous method is daily letting go of the ego and daily being more in the consciousness of the self true renunciation is of desire passions and attachments this will expand one's love to embrace his own family all people the whole world it is the divesting of the smaller to merge into the all it is the letting go of the lesser for the greater give up I and mine rather than my possessions and all is given up in one stroke and the very seed of possessiveness is destroyed one renounces mentally not by location the only real the only real renouncing is in the mind renunciation is not a withdrawal but is a widening of love renunciation is renouncing desire, passions and attachments it is important for people to know that they can renounce in the world renouncing in the world because of the state of beingness today is far more difficult than renouncing when one is away from the world it is far easier to renounce in isolation than it is in the world it gets rougher and rougher rarer the individual who can renounce while remaining in the world it takes a very advanced being to be able to do that because we are so swamped by the accumulated tendencies of the past we are so much operating on automatic control, being automated by the past tendency that we very easily slip into the stream of the world and are actually sunk by it so even though it is not necessary to isolate it is very, very helpful and is needed by almost everyone always because the ego habit is so, so strong and this is worn out by the number of disciples who remain faithful like in in Quechua's lifetime there's only two who remain devoted up until the end the

tendencies today are so strong the past tendencies the vachanas the past habits of thought are so strong that rarer the individual who could make it on his own in the world or even make it in the world after leaving an ashram so it can be done but it's rare therefore it's advisable to isolate as Ramakrishna said and then when you're strong enough if you don't sink then go into the world it would be easier to take even his twelve disciples and take them out of the world and train them first so that they could go into the world and not be caught up in it again I'm emphasizing how difficult it is today because of the Kali Yuga I think we're covered from all sides first renunciation is renouncing the ego that can be done in the world or out of the world it can be done by a householder or by a monk it's far more difficult for a householder because he's in a dangerous situation where he can't sink I guess all in all the very best way is to isolate for periods of the time go back into the world out of the world and then come back into it in and out I think it's the very fastest means of growth there's hardly anyone who, of all the people who've been listening to me and hearing me say all these things who hasn't sunk some are ready to change to feel their own strength and decide well I'm going to use this in the world it's impossible to use this in the world once you start trying to use it in the world the world is real well make life better get more things get more health help the others to know this things like that but great and narrow is the path like a razor's edge this narrow path of the razor's edge in a moment you step off it you fall I'm emphasizing how important it is to keep up the vigilance every day let go for one or two days however no effort we make is ever lost all the effort we make is moving us in the right direction but the question is when do you want to make it this lifetime or several lifetimes from now if you want to make it this lifetime it has to be all out but each step shows you the way see when you drop into samadhi you begin to get the realization everyone thinks oh boy that's samadhi that's it that's the beginning the ego elimination and quieting the mind go hand in hand the ego creates all the thoughts every thought gets to satisfy the ego so the more you eliminate the ego the more you eliminate thinking and when you do it enough so the mind can remain quiet at least at moments that moment is samadhi and it can be described in words what the feeling is like they call it absorption you're thinking on something what is the world you keep thinking you keep thinking all other thoughts drop away when thoughts drop away you lose awareness of the world around you as you keep thinking then you lose awareness of your own body you forget your body you forget yourself then when you forget the world you forget yourself the only thing in mind is that one single thought and that's the only thing existing in the universe at that moment that one thought since there's only this thought you are it it seems that there's only a single thought in this universe and when you hit that point the answer is there you come out of it in a state of ecstasy so high you're also so egouated because you got a tremendous answer but it encourages one to do it again and again until all the answers are gotten and as you get each answer you're moving closer to the fullest answer of the question of where am I what am I now to get to the state of samadhi takes takes that momentum that I've talked about it has to be daily, every day and we have to want this more than we want anything else we have to

want this meditation this directing of the mind more than anything else it gets to be a real delight you enjoy it more than anything else because it's getting quieter the quietness of mind gives us happiness and joy when you reach a certain point I call this getting over the hump when meditation is more enjoyable than anything else then we're over the hump then we can get this momentum going we meditate enough so that we lose consciousness of the world in our body and then we're in samadhi, we're in the state of absorption, where the the thinker and the thought become one and then the answer is there and that wipes out a tremendous amount of false knowledge of the ego it wipes out tremendous chunks of ego and the more ego we wipe out the deeper we can go in the quieting of the mind the next time when the momentum gets done, never let go and you go all the way so that there's no more ego left because if you stop at any time you'll be sucked back into the world by the amount of ego that's left or if you're extremely high into it, you'll get sucked into being a ruler of a world

[Speaker 3] (8:03:29 - 8:03:31)

or even a universe

[Speaker 1] (8:03:32 - 8:04:59)

and some of the times we talk about this in this book you go so high and leave a little ego left and you get to be ruler of a world or a solar system or something like that and then it's going to take you in terms of our time millions and maybe billions of years to go the last bit away the place you can go fastest is right here the higher you go the slower the rate of growth because this is the severest of prodding we get right here in this life that we're in the most difficult the higher you go, the easier things get the more everything is ok the less needed it is to grow and this is the trouble in the astral world it's such a delightful world there's very few people there who grow they come back here and do their growing but things are not so delightful it's not coming from the things it's coming from the stilling of the thoughts of desire

[Speaker 3] (8:04:59 - 8:05:00)

for the things

[Speaker 1] (8:05:01 - 8:28:44)

acquired, the mind acquired and the self is right there the self is always there it's perfect it's infinite here and now you can't change that nothing we can change are the concepts to the contrary concepts of ego are the concepts to the contrary so you gotta be careful you get caught up in that thing, at the beginning it's alright it gives you encouragement you master the world but you gotta be careful that you don't get caught up in trying to remain a master of the world to the degree that your ego is let go of love is something you can't turn on nor can you turn it off it is what it is according to your state of

beingness what the world calls love is other than what we're talking about your capacity to love, your level of love inwardly is the same all the time but at one moment you let it out more than at another moment the amount that you have you can only let out to the degree that you have it but it always feels high because it's your highest capacity to love in a high state of love you love everyone equally whether they're your own family, your own children or strangers the love is exactly equal that's another way to tell the highest state of love but only to the degree we have it can we express it and when we're feeling it at our highest point that's always high to us because that's the highest point we know but it you get into a state of ecstasy where it's overwhelming at times, it gets to be this ever new joy welling up every moment you reach a point where you become incapacitated by it and you rise above that by it dropping into a state of deep, very profound peace what was sort of an excitement thing turns out to be a serenity thing and that's the peace that has all understanding it's a peace that can never be deterred by anything even if you see a bullet coming at you, it wouldn't disturb it when they are so remember you can use everything that's happening in the world to grow by and do the way you fortify yourself is to keep the practices going meditating every night every morning, never ever let go you must withdraw when you're in the city every night and every morning gather yourself in to get the necessary power this morning I would like to help you identify with the three states that we are conscious of and help you discover where you are at and where you need to go and then how to go there I would like to keep it mostly up there and I've written it all down and I think it would be very good for you to copy it and take it with you because if you understand these sentences that I will put down here you will be there so in the future you can look at them read them and try to make that knowledge your knowledge when you do that's it so to identify where you are at you know there's you not simply when I ask are you you say yes, that's it which sets up your mind which sets up your body and world and so you are aware of these three things now the real you, your isness your amness, your existence your areness, etc it's all the same thing has no limitation it's whole, complete perfect eternal and when you identify with that that's it but you have already set up your mind which is ancient by now and is extremely overloaded with programs and their resultant thoughts and your biggest program is I am this body with all the incumbent millions of things I need to do to keep it surviving and these things keep you busy 24 hours a day working at them, resting from them, working at them and resting from them so try to find out where you're at remember the experiences you had when you were up here number one remember how wonderful that state was it will encourage you to keep trying until you can sustain that state all the time number one is the real you is the changeless you number two and three is the ego personality you is the fiction you is the story you is the program you in two and three you gather up and hold all the limitations that you have placed upon yourself over the millennium so what do we need to do backtrack the way we came start undoing the concepts of being a body of being a mind and of course you all know how to do that, release at your basic programs approval, control, security and the three states that in here as you know being is your beingness only if you're being

your beingness there is nothing else when you're being your beingness there is no otherness whatsoever and what you see is I only out there as I said before if you really understand what I'm saying, you're there so please write these down, take them home with you and work on them until you are established there the doing state of course is your position, your place in the world the higher up you are the greater you are with freedom the more you are doing the higher your place the president in beingness is higher than the senate which is higher than the house which is higher than the average public they have at least enough to be mostly in the doing state, of course these are your corporate heads all the big doers all the big achievers and down here we have 95% of the population who are in havingness who think their thing lies in having if only I could have this if only I could have her if only I could have him if only I could have this car, if only I could have a Rolls Royce a Maserati if only I could have a million on and on and on it goes and you're constantly identifying with things that things give you your welfare you move up get into courageousness right around both sides of that you're in doingness up in beingness we don't even have 1% of the population there, it's a small fraction of 1% who do nothing but all the time identify with their beingness they are the Christ the Buddhas the Yoganandas, the Ramakrishnas etc.

they are never out there in the world working for a living so up here we have a small fraction of 1% in the doingness area you have about 5% smaller doers are professionals they go out on their own small business people people who don't have to punch a time clock people who don't hold jobs under someone else holding a job is a slave consciousness I can only live by working for someone else doing what they tell me to do had we not the slave consciousness on this earth, no one would be working for anyone it would be a totally complete cooperative society so you see where we have gotten ourselves to we really went down to the bottom but we are now coming up from the bottom going up up and away having this is your bank book and possessions I think that's kind of obvious there's three things that you identify with you, your beingness your mind and your body now the real you is your beingness and when you're identifying with your beingness you're in the most wonderful state there is and when you're identifying with the body you're in the worst state there is and you're in constant trouble and you're trying to survive a thing that will not survive and you're spending all your time doing that stupid silly thing now as you release your program you identify less with the body and more with your beingness and when the programs are out it's only natural for you to identify with your beingness all the time and that's it so next time you get up here remain there as much as you can and from there you can really get up the garbage it's impossible to write it down you cannot describe beingness in order to use words you have to come down from beingness into mind mind can never comprehend beingness because it's below it you can remember it was great and want with your mind to go back there by dumping the programs no programs you're there all the time if you get these concepts it will help you keep moving upward and when you get there using that state you need to remain in that state by getting the deepest garbage up and out when you're

up there you could theoretically like that dump all the garbage I am not all garbage done with it it's theoretically possible if you do it but the least you can do is when you're up there work to dump the feelings that are coming up and if they're not coming up duke down dig down look for them you can look down and because you're up you're very able to handle them and release them just opening and letting out is stopping holding it down all that pressure would push out resistance we're using energy to hold down all that suppress ag flat so yes when you stop holding it down it goes down when you're up there it happens much more so because you're not going to stupidly hold that garbage down as you do when you're spinning in it swimming in it when you're down in it you think the garbage is you when you're up there you know it isn't so you're willing to let it go out when you're released you're up when the garbage is in play you're down see you are always your beingness got no choice on that let me see you not be can you do it even those who try to be by committing suicide don't succeed they get a sense of being more alive with a better body it's impossible to not be this is the ridiculousness of the whole thing thou art that which thou art seeking you're an infinite being it's your beingness identify with it that's all there is I have five words that indicate the free state that you can use as a goal to be achieved five of the most important words in your vocabulary five of the most important words in your mind any one of which when obtained has you in the state of freedom number one you get to the place where no one and nothing can ever disturb you again even death facing you doesn't disturb you one bit and you could watch yourself you could watch your body being squeezed out slowly with a big smile on your face when you're up here nothing not even death itself can disturb you not even approaching death desirelessness is mental quiety mental quietness desire is the agony of lack which when fulfilled momentarily stops the mind from its agitation and you are being your beingness and it's great and it's a pleasure and it's happiness what you don't see is that it was not the thing it was not the person but it was the quieting of your thoughts that made you happy there goes all hanging on relationships you don't need the other person to be happy now I'm not saying break up all relationships know what it is your relationship is filling a need a desire release the desire then you might continue the relationship and you might not if you do your whole effort is to help the other one discover what you discovered so a relationship should be basically wanting to help the other one go free and if it isn't that I say it is sick as all of you know from your experiencing your greatest misery in life is from your relationships you get moments of pleasure and tremendous amounts of pain all that disappears when you identify properly with your beingness and have the wish to release the attachments the approval, the control over the other one if you want an expression you can say the other one is God my children are God's children release let go let God and your children will come up the best so

[Speaker 2] (8:28:48 - 8:28:49)

desire

[Speaker 1] (8:28:50 - 8:49:32)

is our number one enemy it's an artificially created lack which we continually try to satisfy and never satisfy it there isn't a single desire you've had that you've ever satisfied because the more you try to satisfy it the stronger the desire becomes it's impossible to satisfy desire it's very possible to release you see, if you could satisfy desire you'd have everything once and you'd be satisfied but in trying to satisfy that desire you just want it again and again and again and forever so desire is a number one enemy and when you let go of that agony of lack you discover you have everything, the universe is yours with no effort and so number three comes into being since the universe is yours what effort do you have to go through to get it? none life actually becomes effortless and since everything is mine there's no need to struggle, scratch and fight to get it and so we get the inner sense of actionlessness reminds me of a time when I first discovered this I was walking down 57th street toward Hamburger Heaven between 6th and 7th Avenue and I said, Paul, we have never moved and I'm walking along we have never moved, Paul and I'm so excited telling him we have never moved as we're walking into the restaurant and since that time it's never left me I have never moved the real eye has never moved it can't it's omnipresent, where is it going to move to? but the fictionalized body on the screen of the mind concocts a movement but it's not real your mind is like the screen in a cinema shelf it's changeless, it's white it's pure, it's actionless it's effortless it's imperturbable but projected on that screen can be people fights, wars floods fires riots what does that do to the screen?

nothing and it's exactly that way for us however if you're watching a movie and you think you are a character that character is suffering you're crying likewise you identify with this body and all the programs you set up for it if you don't identify with the body if you don't identify with the screen with the projected pictures on the screen you discover you are the imperturbable desireless effortless actionless being just witnessing when these things set in you hold the sense that I have never moved and from that point you witness the world go by the same way you witness a moving picture you see the entire world that way to help you get there I set out helpful directions in several groups that seem to group together if you will constantly keep identifying with your beingness you will stay in such a beautifully high state it will help you establish it for all time try to keep identifying with I am another thing is to hold the thought I I I when you say I nothing else because when you say I just alone without anything with it it's your beingness and when you're free that's a sense of consciousness you have just I all the time as Vivekananda said when he reached the end of the line he discovered there never was anything but I all alone there's nothing but I-ness and the I-ness projected all the supposed otherness but since it was a projection of the I it is the I number three be not the doer if you are identifying with your beingness you don't see yourself as a doer I can remember when I first started talking to people they would say you're a teacher and I'd say no I'm not they'd say yes you are and I'd say no I'm not I could not see myself teaching talking to

anyone other than me to me if I'm talking to me I'm not being a teacher so try to get the sense of be not the doer be the beer that's not B-E-E-R that's B-E apostrophe okay now number four is a very important one it's going to save you so much effort there's only one single happiness and that is when you are being your beingness by quieting your mind and satisfying desires it's the only happiness there is when you're being your beingness and you wrongly attribute it to the thing in person so if you make it a habit of noticing that all the feelings of happiness you experience are when you're quiet and just being if you will do that you will stop chasing lifetime in and lifetime out for happiness out there where it is not it's so important when you discover that all your happiness is when you're identifying with your beingness because it takes the majority of effort out of your life and when you do those things you will identify with everyone as being you you will identify with every atom in this universe as being you and the real knowing is being there is nothing to know except one thing which is to be which knowing that you know everything real knowing means being that's what everyone his or her every act is seeking that is the knowledge with a capital K but that knowledge is not knowing something it's knowing to only be coming down just a bit see nothing out there but your some total thinkingness because that is exactly what it is all your thinkingness most of which is below the level of consciousness is what you're seeing out there it's your picture projected from your mind and you're only seeing it in your mind it's only your mind that says it's out there and the proof of that is when you go to sleep where does the world go?

it's gone so where is it? it's in your mind you wake up the mind there's the world again put the mind to sleep that whole world is gone even if you've lost a close relative a close one you go to sleep that death is gone so where is dying? but in the mind there's nothing out there but your some total thinkingness, most of which is subconscious when you realize that if you don't like it out there you change the picture in here and the picture out there changes instantly instantly and as I told you, each one has his or her own picture we all think we're seeing the same thing but we're only seeing our own pictures and it's brought out so succinctly in an accident which is not related to us five of us look at it we hand in five reports as to what happened you see how distorted we get on things that concern us we can't even see what's external actual out there that doesn't concern us so how accurate are we in seeing the other one's picture or what's going on we only see our some total thinkingness out there if you don't like the picture out there change yourself what is actually out there is your beingness the reality of the world is not world as the illusion we see it the reality of the world is the beingness behind it and that beingness behind the world is your beingness when you identify with your beingness so there is in actuality nothing out there but your beingness and when you see that you see number three here no objectivity only only subjectivity instead of seeing yourself in the body and your body in the world the body is in you the world is in you and the universe is in you just like in a night dream when you're sleeping you could bring a whole trip to Mars into your bedroom there and as far as you're concerned you're flying to Mars so

where was that trip to Mars but within you in your bedroom in your dream it's exactly the same way in the so called waking state this waking state is a sleep state until you wake up from it you're not aware of that fact but as you keep releasing, someday you're going to see this state with the waking state is as real as a night dream state is real if you wake up from it you wake up from this dream called waking state then you see that this whole thing was just a dream that never really was all that effort for nothing except misery so the world becomes subjective it's in you it's not external to you it's your creation so work to totally quiet the mind until there are no thoughts the mechanism called mind changes from being a very turbulent ocean where you see waves all the time that's the way it is now to all the waves disappearing all the tiny ripples disappear then it's a waveless ocean with no boundaries and your mind becomes that way totally quiet not even a ripple and when that happens you become intuitive from your eye everything comes out of it anyway the eye of you your beingness is omnipotent omniscient and omnipresent and when you quiet the mind you naturally identify with your beingness and are intuitive only to bring it down to practicality when you're intuitive you can talk to anyone on his or her subject and help them learn more even though you have never studied it even details and facts you're coming from omniscience there was a time I I did this when I first first years after I got free and it's like see you don't move you watch your body like you're watching other bodies you watch your body talk you listen to your body talk and you say gee that's interesting see that's the personality side of you watching the free side the intuitive side all study becomes useless when you're in touch with omniscience so all these teachings of spirituality in this direction in that direction another direction over the thousands of years hasn't helped much all that teaching has activated the mind the only answer can be gotten by quieting the mind so that you will naturally identify with your beingness and three do not identify with your body and mind take it as a character out there give it it's just do do not overdo on it and again you've heard me say does this chemical have more power than I have over this body this is the pill generation we're into now everything can be cured by pills how does a pill get more intelligence than we it's ridiculous if it helps us it's our intelligence saying this pill is going to do something it's not the pill doing it it's our saying that the pill will do it give the body it's just do don't overdo with it so that your attention can go more towards beingness overpaying attention to the body keeps you bogged down into being that extreme limited carcass which is an absolute no win in the first place it goes from the moment you get it born it starts dying and finally succeeds in dying so why put all that attention to it you're going to have carcasses around so people can play with it

[Speaker 3] (8:49:34 - 8:49:35)

it

[Speaker 1] (8:49:35 - 8:54:26)

might wake you up because that body is going to be a carcass and as I used to say you ride around in a car is that you no that's a car case a carcass this is a car case like an automobile you're not the automobile because you move around in it you're not this body because you move around in it so a car case and a carcass are very similar so give the body it's just do and spend your time identifying with yourself spend your time releasing the block to identifying with yourself until you end up with no attachments and no aversions you should have things you should have things for use with no attachments and no aversions and when you have no attachments and no aversions you will have everything for a mere effortless thought of it so if you have so many concepts of giving up on the path it's one single thing you give up that's your miseries your limitations but on the path you take on more and more and more until you have the universe don't allow your mind to sabotage you by saying you're going to lose everything if you go free don't allow your mind to sabotage you by saying I will die if I go free and these feelings are strong within you right now I will die if I go free if you didn't have that you'd be free you know the way allow all that suppressed energy up and out if you didn't sit on it it'd all go out and you'd be free in minutes don't allow your mind to sabotage you it fights for its survival because we programmed it that way it's like how the computer in this picture 2001 but since we programmed it to keep us bogged down we can always deprogram it so it cannot touch us so now that you've got everything there's nothing more for me to say be yourself you've got no choice on that that's the ridiculousness of this whole world of living you're infinite you're omnipotent you're omniscient you're omnipresent right here and now at this moment concocting a mind which says otherwise I'll still say any aid that aids is a good aid be a gator aid sometimes I think an alligator on the backside might make it go up and that's the way we really go we give ourselves such heavy bites and fights we eventually let go and go back home I don't want you to think I'm putting down the aids that help you if you need an external aid and it helps, use it when you understand that external help then you'll move above now there's no giving up anything on this path we're at the bottom

[Speaker 3] (8:54:27 - 8:54:31)

there's only one thing we can give up we're at the bottom

[Speaker 1] (8:54:33 - 9:11:43)

and from here on Scuffy bottoms up there is no giving up as you go free there is a tremendous taking on of more and more and more until eventually you have the all first you'll see every person as yourself and you'll see everything as yourself and you'll see the whole universe as you and once you are the all there's nothing you need there's no more desire no more attachment no more aversion and you're free and as I said the world won't disappear for you it's like an oasis on a desert you see water you even see trees growing around it but when you go over to it you discover it was an illusion it's just sand now you walk once you go free you walk the desert you'll still see that oasis with

this difference you won't go there to drink and this is what you need to learn about the world stop going there to drink you just get drunk stop looking to the world for your joy look to yourself for all the joy because that's the only joy there is when you're having happiness anything pleasurable any joy it's only because you've quieted the mind for that desire and when your mind is quiet you're being your beingness that's the only happiness you can ever experience discover that for yourself stop chasing those rainbows you've been doing it for millions of years already and you now have a choice to go on enjoying over eons it'll take you eons to do this or you could go from here right back home to the top this is the advantage of being at the bottom you're close to the top you're closest to the top of any area there the heaviness the encrustation the binds that we have put upon ourselves and we never forget really what we are are so heavy the desire to break out of the bondage is so great we can go straight up this way from this state of being in a physical body we can go all the way home in a matter of months or less the fact that very few people do it does not make it true that you cannot when any one of you decides to so do it so be it when you decide you want freedom more than you want anything else you can do it in months you don't even have to discover the how to you've already got it no feelings the mind goes quiet and that's it I think the main reason why you're not going all the way is a subconscious fear of dying if I go free now this subconscious fear of dying is actually the fear of losing your ego the ego does die the sense that I am this limited body Lester died but in place of it comes something infinitely better your whole purpose for coming here is to discover this free being that you are everything you do is moving in that direction but you're looking for where it isn't it is not external it's not in more money more playmates it is in you discovering what you really are unlimited free beingness and that you set up the whole world as you see it there is nothing out there but your picture and we superimpose our picture on the same space that others superimpose their pictures and each one of us is seeing only our picture but this fear of going free is the fear of losing the ego sense now what happens after you lose your ego sense is simply the body moves around but you know the body for what it is what used to be the all of me turns out to be the least of me one infinitesimal speck of me is this body because I'm omnipresent not just in this spot every one of us is everywhere present all the time focusing in on a little body saying I am this little body trying to keep the body surviving forever who succeeds in keeping the body surviving forever you see how stupid it is we see the body is dying all the time we are dying every day we are struggling for survival every day it's an absolute no win direction we see it by the way Wendy's is a good place to eat on the table they have ads from the 1800's I was looking at it yesterday and they do the same voodoo things that we do how to keep from going bald singe your hair they have all these odd singe they have all these unusual ways of healing the body etc etc we use now put different names on it call them wonder drugs you wonder why but it shows you it should give you a sense of the impermeability of everything because everything you are reading about they give you addresses if you live in New York City that you have been around and very close to and you know it's not there now the things you are reading it shows you the impermanency of everything I'm

trying to shake you loose of your life hold on a body given it's just do and spend your time releasing going free and if you really like the body that much you can make it go on as long as you want to you can make it as youthful as you want to also there are some rare beings who stay at the age of around 18 20 all their life our friends on our nearby planets most of them look 16 18 as high as 20 very few look older than that and they are 1 to 2000 years old we can do the same thing but in the process of breaking free of the body you learn that you are in control of the body it's only your thought but use this heal the body instantly walk over red hot coals and don't get burned a Tom Bell was in town here some weeks ago and took a group over burning coals you can do that and much much more get rid of your shackles it will start you going through this it will free you from being bound into the physical body you can walk on hot coals and then walk on water and things like that you are beginning to transcend the physical body you are going to need this this morning I was reading breakfast in the bakery down here a christian science newspaper on all the how's and wherefores of nuclear attack how to stop it you don't get the first 5 minutes the next 20 are most important but the last 2 minutes on the way down goes on and on this is christian science explaining the best ways to stop a nuclear attack I'm giving you a way now discover that you are the creator of the body you can walk through a nuclear explosion and it wouldn't touch you you can put your hand in fire and it wouldn't burn you you might need these things in this decade as they talk about undoing these nuclear things they multiply them not only in numbers but in ability you see the direction stop wasting time release the eye flap go free you want to do it anyway even if it takes you a million years why not now you've got the method no more wanting approval or control freeze the mind enough so you can dig down into the number 1 program wanting to survive as a body fear of dying you pull that out, you're free you pull that out the little remaining garbage you can dump so easily and then you'll just remain as you really are you'll be out of the struggle boy, if I got this power to walk over hot coals I got the power to teleport I got the power to at least arrange my life so I don't have to struggle anymore in that sense it could help if I can walk on hot coals can I arrange my life ideally of course you got that power powers do not free us the experience of people who get interested in them is that they get stuck in powers now powers are just working the world shortcut that's all powers are inherently yours, all the power there is in the universe is yours, all the powers are yours right now but if you show yourself one of them it might encourage you to show yourself another one and another one, and then you start unshackling, you might let go of all the powers and just be there's a lot of people do miracles and they're not aware of it because when they do it it's so easy and concentrated they get back into the world they don't even remember it like these old ladies lifting cars and kids lifting automobiles the emergency concentrates them they're on one thing totally concentrated I gotta lift that car off my friend or relative with no doubt they just lift it I just got a funny picture when I was on living on Central Park South I'm getting in the elevator and the operator is a very strong man, he just can't open a bottle and I look at him I said I'll do it for you and I took it and just with a little twist I took the thing off it's all thought he used to stare at me every

time I went up that was something peculiar to him and when you identify with your beingness you recognize the only thing that is is your beingness as being all beingness that's the only absolute truth that never ever changes, everything else changes because it's untrue if a thing is true, it's true forever if it changes it wasn't true the moment before so everything changing is not true it's an illusion created by us but try to remember as you let go, you don't give up anything, you take on more who got more miserable from releasing?

[Speaker 3] (9:11:43 - 9:11:44)

anybody?

[Speaker 1] (9:11:46 - 9:30:09)

you might think so because as you free yourself of the heaviest as you free yourself as the thing that's right on the surface now it uncovers more that's deeper and you might attribute the deeper vision to the releasing the heavier subtle thing right on top now and the more you release the more sensitized you become so whatever you feel you feel more so because before you were blinding yourself to feeling it you were driving it down in the mind making it subconscious so when you make it conscious you're aware of it and it feels as though it's something new coming up but it was always there so you might have a thought that gee I'm getting worse I never felt so sharply but you'll discover that you don't remain nearly as long in that heavy state as you did before even though you feel it more so you feel it for a far shorter period of time take responsibility for everything you feel and experience that this is my heavy desire for this thing that I want so much who's dominant it or me does the desire come to you in the body and tell you I am in power over you no so take responsibility whose desire is this at least it will put you in a position where you can if you choose release that desire totally and never be bothered by it again for me it's a terrible thing to teach that Jesus died for our sins if he died for our errors we don't have to correct them no he died to prove immortality to show us the way to immortality is to die to the physical body then you'll get your immortality that's just a misinterpretation of some of the leaders in religion who did not understand the pope is for hope it goes down to south america and there's the people down at the bottom it gives them hope my thinking is they'd be better off without it then they either have to sink or swim the hope keeps us going on and on and on in the misery yet in a certain space of course hope is good, no hope you die but take responsibility when you're enough in want you let go of it and be in affluence I the self create the mind that has the want so who's responsible I think it's good to emphasize the kiss theory keep it simple a wish for the rest of me to go free which is everyone plus before you come in you make certain decisions and you'll carry them out before you're born you see your whole life ahead of you and you make good decisions good strong decisions and you carry them through as I said before when you go free there's one of two things you'll do you'll just isolate the period of the body or you'll come back and help the rest of the

people do what you did the majority of people just leave why?

this is an illusion a very small minority come back and they're the Christ's the Buddha's etc well you know I might just not be anything I'm saying only by doing it yourself well you know it takes one to know one all the time bring your thoughts out to protect the body not for one moment taking a look see at that beauty that you discovered not for one moment would you look at it because all the time you were struggling for survival and it keeps your mind busy all the time see as your mind gets quiet you begin to see the beauty the perfection so the mind is the enemy you have to quiet it every thought is a thing of limitation so the best state is a no thought state when you quiet your mind you just come from your knowingness you operate intuitively see theoretically you can do it like that I am not the mind finished no one does it now I spent many a year trying to think up a shortcut, a one shot way of going free see we all have accumulated the encrustation of the mind and we need to undo it and it is so heavy there is so much there that we go along with it but should you make a decision enough of that mind then you can do it weeks months because then all your desire focuses in on the desire to rid yourself of the mind and you just keep releasing all the time, all day long even though you are with people you probably experienced the state where it comes up and floats out, comes up and floats out it's got to get to that point really, there is so much of it releasing occasionally helps but if you want to get it all out a huge accumulation, it's got to be constant it's in the six steps, you got to make it constant and all day long it's floating up and out you see the feeling and you see it release sort of like sitting back and watching the show go on people who have let go of a long time habit of smoking I've always got them to first accept that it's okay to smoke, now that's hard for them to do it's much harder for them to accept that it's okay to smoke than it is to let go of smoking you can apply that to yourself you see like put it on the smoking if it's not right to smoke I'm taken up with it's not right to smoke so much I can't even begin to think of letting go of smoking I'm fighting the fact that it's not good to smoke people say so and even I know so it might give me emphysema so you must it's so much easier to release when you first accept and then you can let go how many of you wait until you get high before you release how many wait or go high to release here's your problem you're not doing it what are you doing you're wanting to feel good so you're waiting until you get down and then you release to feel good and because there's only one to feel good that one release can make you feel good and that's it for the time being until you feel not good again you'll release again to feel good again thereby dragging out the whole process now if you would release for the purpose of wanting to go free then it would take you months to clean out all the garbage but you're not releasing to go free you're releasing to get out of the misery it's a drawn out process that way in the beginning you have no choice you're so bogged down in heaviness and misery you need the incentive to get out of the hell that cause you to release but now that you've moved up that should be past history the reason for releasing should be to go free the highest feeling the highest state you'll ever get is total freedom do you believe that okay so why don't you go all out for the highest

state and go free because you're holding on to the heavy state which equals ego ego is the cause of all misery ego is the manner in which we separate from the all of the universe from the oneness of the universe ego must go if you're going to identify with the oneness of you ego is a compilation of all the agflat you start from being the all to putting a fence around you called I Lester I your name by setting up a mind which is only the sum total of your thoughts feelings and expanding it outward more and more with more thoughts and more feelings and the more you do that the more you're moving away from I my being to I being Lester with a mind that's almost unlimited and therefore we can move away from the oneness to the extreme and this is what we have done but the reason why you're not going free quickly is you're releasing the feel good and that causes you to stop when that goal is accomplished whereas if you were releasing to go free you wouldn't stop you would bless every opportunity that would come your way to gain an additional piece of freedom every down would be a wonderful opportunity to you every down is a marvelous opportunity to release and go up you're not falling into the later steps of the six steps because you're missing the number one thing wanting to go free and replacing it with wanting to satisfy the ego the I personality sense chasing after the highest state externally in the world where for each ounce of pleasure you take you get pounds and pounds and pounded with pain this is so obvious if you just look at it the things that you thought were most pleasurable in life have given you the agonies, the greatest agonies basically the opposite sex as you move up your sex desires should be released and you reach a place where there is no sex there is no male, female you look at souls without a tag male or female but every desire is a extreme bondage every desire is saying I lack that the all lacks nothing the all is everything the oneness includes every last atom and so you've pulled yourself away into a little personality and are trying to keep that personality surviving and that's more important to you than taking this tremendous high state which is yours by nature, which is inherent, which you cannot change but you can look away from it and assume this little ego body mind you're not looking to go free and that's why a whole gang of you are not all the way by now you're looking to satisfy this body mind thinking therein lies your welfare and every day it's proven to you that your welfare does not lie there, you never win for each ounce of happiness you take via the body mind you get hit with so much pain every thought has